

Iron Rich Food Sources

Pregnancy Daily Target: 27mg

FOOD ITEM	SERVING SIZE	IRON CONTENT
Animal-Based (Heme Iron)		
Beef (Lean)	3 oz (Cooked)	2.5 - 3.0 mg
Chicken Thigh	3 oz (Cooked)	1.1 mg
Turkey (Dark Meat)	3 oz (Cooked)	1.4 mg
Oysters (Cooked)	3 oz	8.0 mg
Plant-Based (Non-Heme Iron)		
Lentils	1/2 Cup (Cooked)	3.3 mg
Spinach	1/2 Cup (Cooked)	3.2 mg
Pumpkin Seeds	1 oz	2.5 mg

FOOD ITEM	SERVING SIZE	IRON CONTENT
Kidney Beans	1/2 Cup (Cooked)	2.0 mg
Tofu (Firm)	1/2 Cup	3.4 mg
Quinoa	1 Cup (Cooked)	2.8 mg

Absorption Tips:

- **Pair with Vitamin C:** Eat iron-rich foods with citrus, bell peppers, or strawberries to increase absorption.
- **Avoid during meals:** Coffee, tea, and calcium supplements can inhibit iron absorption.
- **Cook in Cast Iron:** Cooking acidic foods in cast iron pans can slightly increase iron content.