

IRON-RICH FOOD SOURCES

Daily Reference Guide for Seniors

Maintaining healthy iron levels supports energy and cognitive function. Recommended Daily Intake (RDA) for adults 50+: 8mg.

Food Item	Serving Size	Iron (mg)
ANIMAL PROTEINS (HEME IRON)		
Beef Liver (Pan-fried)	3 oz	5.0 mg
Oysters (Cooked)	3 oz	4.5 mg
Beef (Lean Chuck Roast)	3 oz	2.1 mg
Turkey (Dark Meat)	3 oz	1.2 mg
PLANT-BASED (NON-HEME IRON)		
Fortified Breakfast Cereal	1 serving	18.0 mg
White Beans (Canned)	1 cup	8.0 mg

Food Item	Serving Size	Iron (mg)
Lentils (Cooked)	1/2 cup	3.3 mg
Spinach (Cooked)	1/2 cup	3.2 mg
Tofu (Firm)	1/2 cup	3.0 mg
Pumpkin Seeds	1 oz	2.5 mg

Senior Nutrition Tip: Pair non-heme (plant) iron sources with Vitamin C (oranges, bell peppers, strawberries) to significantly increase absorption. Avoid drinking tea or coffee during meals as tannins can inhibit iron uptake.