

IRON RICH FOOD SOURCES

Vegetarian Reference Chart

Recommended Daily Intake (Adults): 8mg - 18mg Focus: Non-Heme Iron

Food Item	Serving Size	Iron (mg)
Legumes & Pulses		
Lentils (Cooked)	1 Cup	6.6
Chickpeas (Cooked)	1 Cup	4.7
Kidney Beans (Cooked)	1 Cup	5.2
Tofu (Firm)	150g	3.5
Nuts & Seeds		
Pumpkin Seeds (Pepitas)	30g	2.5
Cashews (Raw)	30g	2.0

Food Item	Serving Size	Iron (mg)
Chia Seeds	2 Tbsp	2.2
Hemp Seeds	3 Tbsp	3.9
Vegetables & Grains		
Spinach (Cooked)	1 Cup	6.4
Quinoa (Cooked)	1 Cup	2.8
Swiss Chard (Cooked)	1 Cup	4.0
Oats (Rolled)	1 Cup	3.4
Other Sources		
Blackstrap Molasses	1 Tbsp	3.5
Dark Chocolate (75%+)	30g	3.3

Food Item	Serving Size	Iron (mg)
Dried Apricots	1/2 Cup	2.1

Absorption Tip: Always pair these foods with Vitamin C (Lemon, Bell Peppers, Oranges) to increase absorption of non-heme iron. Avoid drinking tea or coffee during meals as tannins can inhibit iron uptake.