

IRON RICH FOODS

Daily Recommended Intake for Women (19-50): 18mg

FOOD SOURCE	SERVING SIZE	IRON CONTENT
Animal-Based (Heme Iron)		
Clams/Mussels	3 oz	6.0 - 20.0 mg
Beef Liver	3 oz	5.2 mg
Beef (Lean)	3 oz	2.5 mg
Sardines	3 oz	2.4 mg
Turkey (Dark)	3 oz	2.0 mg
Plant-Based (Non-Heme Iron)		
Fortified Cereal	1 cup	18.0 mg
Lentils (Cooked)	1/2 cup	3.3 mg

FOOD SOURCE	SERVING SIZE	IRON CONTENT
Spinach (Cooked)	1/2 cup	3.2 mg
Tofu (Firm)	1/2 cup	3.0 mg
Kidney Beans	1/2 cup	2.0 mg
Pumpkin Seeds	1 oz	2.5 mg
Dark Chocolate (70%+)	1 oz	3.4 mg

Quick Tips for Better Absorption:

- **Pair with Vitamin C:** Eat iron-rich foods with citrus, peppers, or strawberries to increase absorption.
- **Mind the Tannins:** Avoid drinking tea or coffee directly with meals, as they can inhibit iron uptake.
- **Cook in Cast Iron:** Preparing acidic foods (like tomato sauce) in cast iron pans can add dietary iron.