

IRON-RICH FOOD SOURCES

Daily Reference Guide â€¢ Serving Sizes & Iron Content

Animal Proteins (Heme Iron)

Beef Liver	3 oz (cooked)	5.2
Beef (Lean)	3 oz (cooked)	2.1
Oysters	3 oz (cooked)	8.0
Turkey (Dark Meat)	3 oz (cooked)	1.4

Plant-Based (Non-Heme Iron)

Lentils	1/2 cup (boiled)	3.3
Spinach	1/2 cup (boiled)	3.2
Tofu (Firm)	1/2 cup	3.4

Kidney Beans	1/2 cup (canned)	2.0
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Pumpkin Seeds	1 oz (roasted)	2.5
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Grains & Fortified Foods

Fortified Cereal	1 serving	18.0
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Quinoa	1 cup (cooked)	2.8
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Oatmeal	1 cup (cooked)	2.1
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Note: Combine non-heme iron sources with Vitamin C for better absorption.

Template Reference Only – Consult a healthcare provider for nutritional advice.