

# Iron Rich Food Sources

Essential guide for dietary mineral intake

## Animal-Based (Heme)

Source (3oz/85g)	Iron (mg)
Beef Liver	5.2
Oysters	4.5
Beef (Chuck Roast)	2.5
Sardines (Canned)	2.1
Turkey (Dark Meat)	1.2
Chicken Leg	1.1

## Plant-Based (Non-Heme)

Source (1/2 Cup)	Iron (mg)
Lentils (Cooked)	3.3
Spinach (Cooked)	3.2
Tofu (Firm)	3.0
Kidney Beans	2.6
Pumpkin Seeds (1oz)	2.5
Quinoa (Cooked)	1.4

*\* Tip: Pair plant-based iron with Vitamin C (citrus, peppers) to increase absorption.*