

# VEGAN NON-HEME IRON SOURCE GUIDE

FOOD ITEM	SERVING SIZE	APPROX. IRON (MG)
<b>Legumes &amp; Pulses</b>		
Lentils (Cooked)	1 Cup	6.6 mg
Chickpeas (Cooked)	1 Cup	4.7 mg
Kidney Beans (Cooked)	1 Cup	3.9 mg
Tofu (Firm)	1/2 Cup	3.4 mg
<b>Seeds &amp; Nuts</b>		
Pumpkin Seeds (Pepitas)	1/4 Cup	5.2 mg
Hemp Seeds	3 Tbsp	3.9 mg
Chia Seeds	2 Tbsp	2.0 mg

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>APPROX. IRON (MG)</b>
Cashews (Raw)	1/4 Cup	1.9 mg
<b>Grains</b>		
Amaranth (Cooked)	1 Cup	5.2 mg
Quinoa (Cooked)	1 Cup	2.8 mg
Oats (Rolled)	1/2 Cup Dry	1.7 mg
<b>Vegetables &amp; Others</b>		
Spinach (Cooked)	1 Cup	6.4 mg
Swiss Chard (Cooked)	1 Cup	4.0 mg
Blackstrap Molasses	1 Tbsp	3.5 mg
Dark Chocolate (70%+)	1 oz	3.4 mg

### **Absorption Tips:**

- **Pair with Vitamin C:** Consume iron-rich foods with citrus, bell peppers, or broccoli to increase absorption.
- **Avoid Inhibitors:** Wait 1 hour before or after meals to drink coffee or tea (tannins).
- **Cook with Cast Iron:** Preparing acidic foods (like tomato sauce) in cast iron pans can increase iron content.