

IRON-RICH FOOD SOURCES

Nutrient Dense Daily Reference Guide

FOOD SOURCE	SERVING SIZE	IRON CONTENT (APPROX)
Heme Iron (Animal Based)		
Chicken Liver	3 oz (cooked)	11.0 mg
Oysters	3 oz (cooked)	8.0 mg
Beef (Lean)	3 oz (cooked)	2.5 mg
Sardines	3 oz (canned)	2.4 mg
Non-Heme Iron (Plant Based)		
Spinach	1 cup (cooked)	6.4 mg
Lentils	1 cup (cooked)	6.6 mg
Tofu (Firm)	1/2 cup	3.4 mg
Pumpkin Seeds	1 oz (raw)	2.5 mg

FOOD SOURCE	SERVING SIZE	IRON CONTENT (APPROX)
Quinoa	1 cup (cooked)	2.8 mg
Dark Chocolate (70%+)	1 oz	3.4 mg

Tip: Pair non-heme iron sources with Vitamin C (citrus, peppers, strawberries) to significantly increase absorption. Avoid tea or coffee during meals as tannins can inhibit iron uptake.