

# Plant-Based Iron Sources

FOOD ITEM	SERVING SIZE	IRON (MG)
<b>Legumes &amp; Beans</b>		
Lentils (Cooked)	1 Cup	6.6
Chickpeas (Cooked)	1 Cup	4.7
Kidney Beans (Cooked)	1 Cup	5.2
Tofu (Firm)	1/2 Cup	3.4
<b>Seeds &amp; Nuts</b>		
Pumpkin Seeds	1/4 Cup	4.5
Hemp Seeds	3 Tbsp	3.9
Chia Seeds	2 Tbsp	2.0
Cashews (Raw)	1/4 Cup	2.0
<b>Grains</b>		

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>IRON (MG)</b>
Quinoa (Cooked)	1 Cup	2.8
Oats (Raw)	1/2 Cup	1.7
Amaranth (Cooked)	1 Cup	5.2
<b>Vegetables</b>		
Spinach (Cooked)	1 Cup	6.4
Swiss Chard (Cooked)	1 Cup	4.0
Potato (Large with skin)	1 unit	3.2

*Tip: Combine these foods with Vitamin C (lemon, bell peppers, oranges) to increase absorption.*