

# PLANT-BASED IRON REFERENCE

Recommended Daily Intake (RDA): Men/Post-menopause: 8mg | Women: 18mg

Reference Guide: Legumes, Seeds, and Greens Values per 100g (Cooked/Prepared)

Food Item	Iron Content (mg)	% Daily Value (18mg)
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Lentils (Cooked)	3.3 mg	18%
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Chickpeas (Garbanzo)	2.9 mg	16%
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White Beans (Cannellini)	3.7 mg	21%
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Tofu (Extra Firm)	5.4 mg	30%
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Food Item	Iron Content (mg)	% Daily Value (18mg)
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Hemp Seeds	8.0 mg	44%
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Pumpkin Seeds (Pepitas)	8.8 mg	49%
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<b>Food Item</b>	<b>Iron Content (mg)</b>	<b>% Daily Value (18mg)</b>
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Sesame Seeds (Tahini)	6.4 mg	35%
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Cashews (Raw)	6.7 mg	37%
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<b>Food Item</b>	<b>Iron Content (mg)</b>	<b>% Daily Value (18mg)</b>
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Spinach (Cooked)	3.6 mg	20%
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Quinoa (Cooked)	1.5 mg	8%
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Swiss Chard	2.3 mg	13%
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Amaranth	2.1 mg	12%
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\* Non-heme iron absorption is enhanced when consumed with Vitamin C. Printed on: 2023-10-27