

# DAILY IRON INTAKE TRACKER

Date: \_\_\_\_\_

FOOD ITEM / SOURCE	PORTION SIZE	IRON (MG)	CHECK
<b>Legumes &amp; Pulses</b>			
Lentils (Cooked)	1 cup	6.6	
Chickpeas (Cooked)	1 cup	4.7	
<b>Grains &amp; Seeds</b>			
Pumpkin Seeds	1/4 cup	4.5	
Quinoa (Cooked)	1 cup	2.8	
<b>Vegetables</b>			
Spinach (Cooked)	1/2 cup	3.2	
Tofu (Firm)	1/2 cup	3.4	
<b>Other Sources</b>			

FOOD ITEM / SOURCE	PORTION SIZE	IRON (MG)	CHECK
Blackstrap Molasses	1 tbsp	3.5	
Custom: _____	_____	_____	
<b>Daily Total Consumed</b>		<b>0.0 mg</b>	

**Pro-tip:** Combine iron-rich foods with Vitamin C (lemon, bell peppers, oranges) to increase absorption. Avoid drinking tea or coffee within an hour of meals.