

DETAILED PLANT IRON GUIDE

Reference for High-Iron Non-Heme Food Sources

Food Item	Serving Size	Iron Content (mg)	Daily Value %
Lentils (Cooked)	1 Cup	6.6 mg	37%
Chickpeas (Cooked)	1 Cup	4.7 mg	26%
Kidney Beans (Cooked)	1 Cup	5.2 mg	29%
Tofu (Extra Firm)	1/2 Cup	6.6 mg	37%
Pumpkin Seeds (Raw)	1/4 Cup	5.2 mg	29%
Hemp Seeds	3 Tbsp	3.9 mg	22%
Cashews (Raw)	1/4 Cup	2.1 mg	12%
Chia Seeds	2 Tbsp	2.2 mg	12%

Food Item	Serving Size	Iron Content (mg)	Daily Value %
Quinoa (Cooked)	1 Cup	2.8 mg	16%
Spinach (Cooked)	1 Cup	6.4 mg	36%
Swiss Chard (Cooked)	1 Cup	4.0 mg	22%
Oats (Quick/Old Fashioned)	1 Cup	3.4 mg	19%

Absorption Boosters (+)

Pair iron-rich foods with Vitamin C (citrus, bell peppers, broccoli) to significantly increase absorption of non-heme iron.

Absorption Inhibitors (-)

Avoid consuming coffee, black tea, or high-calcium supplements within 1 hour of eating high-iron plant meals.