

ESSENTIAL PLANT-BASED IRON SOURCES

FOOD SOURCE	SERVING SIZE	IRON CONTENT
Lentils (Cooked)	1 cup	6.6 mg
Tofu (Firm)	1/2 cup	6.6 mg
Spinach (Cooked)	1 cup	6.4 mg
Hemp Seeds	3 tbsp	3.9 mg
Pumpkin Seeds	1/4 cup	3.7 mg
Chickpeas (Cooked)	1 cup	4.7 mg
Quinoa (Cooked)	1 cup	2.8 mg
Blackstrap Molasses	1 tbsp	3.5 mg
Cashews (Raw)	1/4 cup	2.0 mg

**Tip: Pair these foods with Vitamin C (citrus, bell peppers, broccoli) to significantly increase non-heme iron absorption.*