

GRAIN-BASED IRON REFERENCE

Non-Heme Iron Source Guide | Values per 100g (Dry)

GRAIN VARIETY	IRON CONTENT (MG)	% DAILY VALUE*
Amaranth	7.6 mg	42%
Quinoa	4.6 mg	25%
Oats (Whole Grain)	4.7 mg	26%
Teff	7.6 mg	42%
Buckwheat	2.2 mg	12%
Spelt	4.4 mg	24%
Millet	3.0 mg	17%
Barley (Hulled)	3.6 mg	20%
Brown Rice	1.5 mg	8%

Optimizing Absorption: Pair these grains with Vitamin C rich foods (citrus, bell peppers, broccoli) to enhance the absorption of non-heme iron. Avoid consuming coffee or tea within one hour of meals containing these grains.