

Plant-Based Iron Sources

Optimal sources for a balanced vegan/vegetarian diet

CATEGORY	FOOD ITEM	IRON (MG) / SERVING
Legumes	Lentils (Cooked)	6.6 mg / cup
Legumes	Chickpeas	4.7 mg / cup
Seeds	Hemp Seeds	3.9 mg / 3 tbsp
Seeds	Pumpkin Seeds	2.5 mg / 1 oz
Vegetables	Spinach (Cooked)	6.4 mg / cup
Grains	Quinoa (Cooked)	2.8 mg / cup
Soy	Tofu (Firm)	3.4 mg / 4 oz
Nuts	Cashews (Raw)	1.9 mg / 1 oz

Note: Pair these foods with Vitamin C (citrus, peppers, broccoli) to enhance non-heme iron absorption.