

# LEAFY GREEN IRON SOURCE CHART

<b>Leafy Green</b>	<b>Serving Size (Cooked)</b>	<b>Iron Content (mg)</b>
Spinach	1 cup	<b>6.4 mg</b>
Swiss Chard	1 cup	<b>4.0 mg</b>
Beet Greens	1 cup	<b>2.7 mg</b>
Collard Greens	1 cup	<b>2.2 mg</b>
Dandelion Greens	1 cup	<b>1.9 mg</b>
Kale	1 cup	<b>1.2 mg</b>
Turnip Greens	1 cup	<b>1.2 mg</b>
Bok Choy	1 cup	<b>1.0 mg</b>

*\*Tip: Pair these greens with Vitamin C (lemon, peppers, tomatoes) to enhance non-heme iron absorption.*