

# NATURAL VEGETARIAN IRON SOURCES

<b>FOOD ITEM</b>	<b>SERVING SIZE</b>	<b>IRON (APPROX)</b>
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## **Legumes & Beans**

Lentils (Cooked)	1 Cup	6.6 mg
Chickpeas (Cooked)	1 Cup	4.7 mg
Kidney Beans (Cooked)	1 Cup	4.0 mg
Tofu (Firm)	1/2 Cup	3.4 mg

## **Seeds & Nuts**

Pumpkin Seeds (Pepitas)	1 oz	2.5 mg
Hemp Seeds	3 Tbsp	2.4 mg
Chia Seeds	2 Tbsp	2.0 mg
Cashews (Raw)	1/4 Cup	1.6 mg

## **Vegetables & Grains**

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Spinach (Cooked)	1/2 Cup	3.2 mg
Quinoa (Cooked)	1 Cup	2.8 mg
Swiss Chard (Cooked)	1/2 Cup	2.0 mg
Oats (Quick/Old Fashioned)	1 Cup Cooked	1.7 mg

#### **Other Sources**

Blackstrap Molasses	1 Tbsp	3.5 mg
Dark Chocolate (70%+)	1 oz	3.4 mg

***Pro Tip:** Pair these non-heme iron sources with Vitamin C (lemon, bell peppers, oranges) to significantly increase absorption. Avoid drinking tea or coffee during meals as tannins can inhibit iron uptake.*