

NON-HEME IRON SOURCES

Plant-Based Nutritional Reference Guide

Food Item	Serving Size	Approx. Iron (mg)
Lentils (Cooked)	1 Cup	6.6 mg
Chickpeas (Cooked)	1 Cup	4.7 mg
Kidney Beans (Cooked)	1 Cup	3.9 mg
Tofu (Firm)	1/2 Cup	3.4 mg
Pumpkin Seeds (Pepitas)	1/4 Cup	5.2 mg
Sesame Seeds (Tahini)	2 Tbsp	2.6 mg
Hemp Seeds	3 Tbsp	2.4 mg

Food Item	Serving Size	Approx. Iron (mg)
Cashews (Raw)	1/4 Cup	2.1 mg
Spinach (Cooked)	1/2 Cup	3.2 mg
Quinoa (Cooked)	1 Cup	2.8 mg
Swiss Chard (Cooked)	1/2 Cup	2.0 mg
Baked Potato (with skin)	1 Large	1.9 mg
Blackstrap Molasses	1 Tbsp	3.5 mg
Dark Chocolate (70%+)	1 oz	3.4 mg

Absorption Tip: Non-heme iron is best absorbed when consumed with **Vitamin C** (e.g., citrus, bell peppers, broccoli). Avoid drinking tea or coffee during meals as tannins can inhibit absorption.