

# VEGETARIAN IRON SOURCES

## Nutritional Reference Guide

**Daily Value (DV):** 18mg per day (based on a 2,000 calorie diet). Note: Absorption is enhanced when paired with Vitamin C.

### Legumes & Pulses

Lentils (Cooked)	1 Cup	6.6 mg
Chickpeas (Cooked)	1 Cup	4.7 mg
Kidney Beans (Cooked)	1 Cup	3.9 mg
Tofu (Extra 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
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Cashews (Raw)	1/4 Cup	1.9 mg
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### Grains & Greens

Spinach (Cooked)	1/2 Cup	3.2 mg
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Quinoa (Cooked)	1 Cup	2.8 mg
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Oatmeal (Old Fashioned)	1 Cup	2.1 mg
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Swiss Chard (Cooked)	1/2 Cup	2.0 mg
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### Other Sources

Blackstrap Molasses	1 Tbsp	3.5 mg
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Dark Chocolate (70%+)	1 oz	3.3 mg
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Potato (Large with skin)

1 unit

3.2 mg

### **Boost Absorption (Vitamin C)**

- Squeeze lemon over greens
- Add bell peppers to stir-fry
- Pair iron snacks with strawberries
- Drink orange juice with meals

### **Minimize Inhibitors**

- Avoid tea/coffee during meals
- Limit high-calcium supplements with meals
- Cook in cast-iron skillets
- Soak beans to reduce phytates