

SOY-BASED IRON SOURCES

Nutritional Reference Guide

Soy Product	Serving Size	Iron Content (mg)
Soybeans (Boiled)	1 cup	8.8 mg
Natto (Fermented)	1 cup	15.0 mg
Tofu (Firm)	1/2 cup	6.6 mg
Tempeh	1 cup	4.5 mg
Edamame (Prepared)	1 cup	3.5 mg
Soy Milk (Unsweetened)	1 cup	1.1 mg

**Values are approximate. Non-heme iron absorption is enhanced when consumed with Vitamin C sources.*