

Vegetarian Iron Sources

Recommended Daily Intake: Men 8mg | Women 18mg

FOOD ITEM	SERVING SIZE	IRON (MG)
Legumes & Pulses		
Lentils (Cooked)	1 Cup	6.6
Chickpeas (Cooked)	1 Cup	4.7
Kidney Beans (Cooked)	1 Cup	3.9
Soy Products		
Tofu (Firm)	1/2 Cup	6.6
Tempeh	1/2 Cup	2.2
Nuts & Seeds		
Pumpkin Seeds	1/4 Cup	5.2
Hemp Seeds	3 Tbsp	3.9

FOOD ITEM	SERVING SIZE	IRON (MG)
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Cashews (Raw)	1/4 Cup	2.1
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Vegetables & Grains

Spinach (Cooked)	1/2 Cup	3.2
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Quinoa (Cooked)	1 Cup	2.8
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Swiss Chard (Cooked)	1/2 Cup	2.0
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* Pair with Vitamin C (lemon, bell peppers, tomatoes) to increase absorption.