

VEGAN IRON SOURCES

FOOD SOURCE	SERVING SIZE	IRON (MG)
Legumes & Pulses		
Lentils (cooked)	1 cup	6.6
Chickpeas (cooked)	1 cup	4.7
Kidney Beans (cooked)	1 cup	5.2
Tofu (firm)	1/2 cup	3.4
Nuts & Seeds		
Pumpkin Seeds (Pepitas)	1/4 cup	4.2
Hemp Seeds	3 tbsp	3.9
Cashews (raw)	1/4 cup	2.1
Chia Seeds	2 tbsp	2.0
Grains		
Amaranth (cooked)	1 cup	5.2

FOOD SOURCE	SERVING SIZE	IRON (MG)
Quinoa (cooked)	1 cup	2.8
Oats (rolled, dry)	1/2 cup	1.7
Vegetables & Other		
Spinach (cooked)	1 cup	6.4
Swiss Chard (cooked)	1 cup	4.0
Blackstrap Molasses	1 tbsp	3.5
Dark Chocolate (70%+)	1 oz	3.4

Pro-Tip: To increase absorption of non-heme (plant-based) iron, always pair these foods with a source of **Vitamin C** (such as citrus, bell peppers, or broccoli) and avoid drinking tea or coffee during meals.