

# VEGETABLE IRON DENSITY REFERENCE

<b>VEGETABLE (COOKED, 1 CUP)</b>	<b>IRON CONTENT</b>	<b>RELATIVE DENSITY</b>
Spinach	6.4 mg	High
Swiss Chard	4.0 mg	High
Lentils (Legume)	6.6 mg	High
Beet Greens	2.9 mg	Medium
Brussels Sprouts	1.9 mg	Medium
Kale	1.2 mg	Moderate
Broccoli	1.0 mg	Moderate

*\*Values are approximate. Pair with Vitamin C for optimal non-heme iron absorption.*