

WHOLE FOOD IRON REFERENCE CHART

Daily Value (DV): 18mg Focus: Non-Heme & Heme Sources

Food Source	Serving Size	Iron Content
Legumes & Grains		
Lentils (Cooked)	1 cup	6.6 mg
Chickpeas (Cooked)	1 cup	4.7 mg
Quinoa (Cooked)	1 cup	2.8 mg
Vegetables & Greens		
Spinach (Cooked)	1 cup	6.4 mg
Swiss Chard (Cooked)	1 cup	4.0 mg
Potato (Large with skin)	1 unit	3.2 mg
Nuts & Seeds		
Pumpkin Seeds	1 oz (28g)	2.5 mg

Food Source	Serving Size	Iron Content
Hemp Seeds	3 tbsp	2.4 mg
Cashews (Raw)	1/4 cup	2.0 mg
Animal Proteins (Heme)		
Beef (Lean Sirloin)	3 oz	2.4 mg
Oysters (Cooked)	3 oz	8.0 mg
Chicken (Dark Meat)	3 oz	1.1 mg

Quick Reference Tips:

Enhance: Pair non-heme (plant) iron with Vitamin C (Citrus, Peppers, Broccoli) to increase absorption. **Inhibit:** Avoid drinking coffee or tea within one hour of high-iron meals. **Cookware:** Cooking acidic foods in cast-iron pans can increase iron content.