

# IRON FOODS LIST & DAILY RECOMMENDED VALUES



## Heme Iron Sources:

- Beef liver (3 ounces cooked): 5 mg
- Chicken liver (3 ounces cooked): 11 mg
- Oysters (3 ounces cooked): 6.9-8 mg
- Mussels (3 ounces): 5.7 mg
- Bison (3 ounces): 2.9 mg
- Beef, lean: (3 ounces cooked): 2-2.6 mg
- Sardines, canned in oil (3 ounces): 2.5 mg
- Crab (3 ounces): 2.5 mg
- Turkey, dark meat: (3 ounces cooked): 2.3 mg
- Shrimp (3 ounces): 1.8 mg
- Chicken, dark meat: (3 ounces cooked): 1.1 mg
- Tuna, canned (3 ounces): 1 mg
- Egg, large, hardboiled: 1 mg
- Organ meats: variable

## Non-Heme Sources:

- Soybeans (1 cup cooked): 8.8 mg
- White beans (1 cup cooked): 8 mg
- Lentils (1 cup cooked): 6.6 mg
- Spinach (1 cup cooked): 6.4-6.6 mg
- Tofu (1/2 cup): 6.6 mg
- Kidney beans (1 cup cooked): 5.2 mg
- Jerusalem Artichokes (1 cup cooked): 5.1 mg
- Chickpeas (1 cup cooked): 4.8 mg
- Pumpkin seeds (1 ounce): 4.2 mg
- Sesame seeds (1 ounce): 4.2 mg
- Lima beans (1 cup cooked): 4 mg
- Swiss chard (1 cup cooked): 4 mg
- Black beans (1 cup cooked): 3.6 mg
- Pinto beans (1 cup cooked): 3.6 mg
- Stewed tomatoes, canned (1 cup): 3.4-4 mg
- Dark chocolate (1 ounce): 3.3 mg
- Prune juice, 100% (1 cup): 3 mg
- Raisins (1 cup): 1.5-3 mg
- Asparagus (1 cup raw): 2.9 mg
- Quinoa (1 cup cooked): 2.8 mg
- Beet greens (1 cup cooked): 2.7 mg
- Green peas (1 cup cooked): 2 -2.5 mg
- Collard greens (1 cup cooked): 2.2 mg
- Taro root (1 cup): 2.1 mg
- Rice, long grain (1 cup parboiled): 2 mg
- Acorn squash (1 cup cooked): 1.9 mg
- Sweet potato (1 cup cooked): 1.8 mg
- Dried apricots (10 halves): 1.6 mg
- Potato with skin (1 medium): 1.9 mg
- Cashews (1 ounce, about 18 nuts): 1.9 mg
- Broccoli (1 cup cooked): 1 mg
- Fortified cereals: varies by brand and variety

Table 1: Recommended Dietary Allowances (RDAs) for Iron [5]

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	0.27 mg*	0.27 mg*		
7-12 months	11 mg	11 mg		
1-3 years	7 mg	7 mg		
4-8 years	10 mg	10 mg		
9-13 years	8 mg	8 mg		
14-18 years	11 mg	15 mg	27 mg	10 mg
19-50 years	8 mg	18 mg	27 mg	9 mg
51+ years	8 mg	8 mg		

## Learn More at:

- <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-1>
- <https://nutritionsource.hsph.harvard.edu/iron/>

## Some More Information:

- This is NOT medical advice. Consult with your healthcare provider before making changes to your supplement or dietary choices.
- Please note, the above lists are not comprehensive of all iron containing foods, but rather offer a list of options.
- In general, heme iron (animal/fish based) is more bioavailable than non-heme (plant based) iron.
- There are certain dietary components that influence the absorption of iron.
  - Phytic acid, calcium, and certain polyphenols in plant based foods, like legumes, may inhibit iron absorption.
  - Vitamin C/ascorbic acid, meat, poultry, and seafood may enhance the absorption of non-heme iron.
  - This all being said, interference with absorption is not typically a problem for most people. Discuss this with your healthcare provider.



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