

Daily Consumption of Iron to Maintain Healthy Levels

Goal by Age:

- 11 mg/day for infants 7-12 months
- 10 mg/day for children starting at 1 year
- 11 mg/day for boys starting at puberty
- 15 mg/day for girls starting at puberty

Iron Absorption:

- Iron is much easier to absorb through food than vitamins.
- Iron absorption is **improved** when eaten with foods that are rich in Vitamin C such as oranges, bell peppers, papaya, grapefruit, strawberries, melon, mango, tangerine, tomatoes, cauliflower, and cabbage.
- Iron absorption is **blocked** by calcium (dairy), coffee, tea, grapes, popcorn, pomegranate, and chocolate.

Iron Rich Foods

Meat & Eggs

Beef liver (2 oz)	= 5.8 mg
Lean beef (2 oz)	= 2.5 mg
Pork (2 oz)	= 2.5 mg
Lamb (2 oz)	= 1.9 mg
Turkey (2 oz)	= 1.7 mg
Ham (2 oz)	= 1.3 mg
Egg (1 oz)	= 1.0 mg
Chicken (2.5 oz)	= 0.9 mg
Veal (3 oz)	= 0.8 mg

Seafood

Oysters (3 oz)	= 8.0 mg
Mussels (3 oz)	= 5.7 mg
Sardines (3 oz)	= 2.0 mg
Scallops (2 oz)	= 1.6 mg
Tuna (3 oz)	= 1.3 mg
Shrimp (2.5 oz)	= 0.9 mg
Crab (3 oz)	= 0.6 mg

Legumes & Other Foods

Soybeans (1 cup)	= 8.8 mg
White beans (1 cup)	= 8.0 mg
Lentils (0.5 cup)	= 3.0 mg
Tofu (0.5 cup)	= 3.0 mg
Black-eye peas (0.5 cup)	= 2.5 mg
Kidney beans (0.5 cup)	= 2.0 mg
Chickpeas (0.5 cup)	= 2.0 mg

Nuts & Seeds

Sesame seeds (3.5 oz)	= 7.1 mg
Nuts (1 oz)	= 1-1.6 mg

Grains

Cereals (1 serving)	= 4.5-18 mg
Barley (1 cup cooked)	= 6.6 mg
Oatmeal (1 cup cooked)	= 3.4 mg
Quinoa (1 cup cooked)	= 2.8 mg
Whole wheat bread (1 slice)	= 1.0 mg
Enriched pasta (1 cup)	= 1.0 mg
Enriched rice (0.5 cup)	= 1.0 mg
White bread (1 slice)	= 0.7 mg

Vegetables

Olives (3.5 oz)	= 3.3 mg
Potato (1 large potato)	= 3.2 mg
Spinach (0.5 cup)	= 3.0 mg
Mushrooms (1 cup cooked)	= 2.7 mg
Tomato Puree (0.5 cup)	= 2.2 mg
Swiss chard (0.5 cup)	= 2.0 mg
Brussels sprouts (1 cup)	= 1.2 mg
Kale (1 cup)	= 1.0 mg
Green peas (0.5 cup)	= 1.0 mg
Broccoli (1 cup)	= 1.0 mg
Sweet potatoes (1 cup)	= 0.8 mg
Bok choy (1 cup)	= 0.6 mg

Fruits

Prune juice (1 cup)	= 3.0 mg
Berries (1 cup)	= 2.5 mg
Dried raisins (0.25 cup)	= 1.0 mg
Dried apricots (0.25 cup)	= 0.6 mg
Watermelon (1 cup)	= 0.4 mg
Grapes (1 cup)	= 0.3 mg