

Dietary Iron Guide

Food	Serving size	Iron (mg)
Vegetables and Fruits		
Spinach, cooked	125 mL (½ cup)	2.0-3.4
Tomato puree	125 mL (½ cup)	2.4
Edamame/baby soybeans	125 mL (½ cup)	1.9-2.4
Lima beans	125 mL (½ cup)	2.2
Asparagus raw	6 spears	2.1
Hearts of palm, canned	125 mL (½ cup)	2
Potato, with skin	1 medium	1.3-1.9
Snow peas, cooked	125 mL (½ cup)	1.7
Turnip or beet greens	125 mL (½ cup)	1.5-1.7
Prune juice	125 mL (½ cup)	1.6
Apricots, dried	60 mL (¼ cup)	1.6
Beets, canned	125 mL (½ cup)	1.6
Kale, cooked	125 mL (½ cup)	1.3
Green peas, cooked	125 mL (½ cup)	1.3
Tomato sauce	125 mL (½ cup)	1.3
Grains Products		
Oatmeal, instant, cooked	175 mL (¾ cup)	4.5-6.6
Cream of wheat, all types, cooked	175 mL (¾ cup)	5.7-5.8
Cereal, dry, all types	30 g (check product label for serving size)	4.0-4.3
Granola bar, oat, fruits and nut	1 bar (32 g)	1.2-2.7
Cracker, soda	6 crackers	1.5-2.3

Food	Serving size	Iron (mg)
Oat bran cereal, cooked	175 mL (¾ cup)	2
Pasta	125 mL (½ cup)	1.3
Milk and Alternatives		
Yogurt, soy	175 mL (¾ cup)	2.1
Meat and Poultry		
Duck, cooked	75 g (2 ½ oz)	1.8- 7.4
Moose or Venison	75 g (2 ½ oz)	2.5-3.8
Beef	75 g (2 ½ oz)	1.4-3.3
Ground meat (beef, lamb)	75 g (2 ½ oz)	1.3-2.1
Chicken	75 g (2 ½ oz)	0.4-2.0
Pork	75 g (2 ½ oz)	0.5-1.5
Ground meat	75 g (2 ½ oz)	07-.08
Turkey	75 g (2 ½ oz)	0.3-0.8
Organ Meats		
Liver, pork	75 g (2 ½ oz)	13.4
Liver (chicken, turkey, lamb)	75 g (2 ½ oz)	6.2-9.7
Kidney, lamb	75 g (2 ½ oz)	9.3
Liver, beef	75 g (2 ½ oz)	4.9
Kidney (beef, veal, pork)	75 g (2 ½ oz)	2.3-4.4
Fish and Seafood		
Octopus, cooked	75 g (2 ½ oz)	7.2
Oysters, cooked	75 g (2 ½ oz)	3.3-9.0
Seafood (shrimp, scallops, crab)	75 g (2 ½ oz)	0.6-2.2
Sardines, canned	75 g (2 ½ oz)	1.7-2.2
Clams, canned	75 g (2 ½ oz)	2

Food	Serving size	Iron (mg)
Fish (mackerel, trout, bass)	75 g (2 ½ oz)	1.4-1.7
Tuna, light, canned in water	75 g (2 ½ oz)	1.2
Meat Alternatives		
Tofu, cooked	150 g (¾ cup)	2.4-8.0
Soybeans, mature, cooked	175 mL (¾ cup)	6.5
Lentils, cooked	175 mL (¾ cup)	4.1-4.9
Beans	175 mL (¾ cup)	2.6-4.9
Pumpkin or squash seeds, roasted	60 mL (¼ cup)	1.4-4.7
Peas	175 mL (¾ cup)	1.9-3.5
Tempeh	150 g (¾ cup)	3.2
Meatless	75 g (2.5 oz)	1.5-2.8
Baked beans, canned	175 mL (¾ cup)	2.2
Nuts	60 ml (¼ cup)	1.3-2.2
Eggs, cooked	2 large	1.2-1.8
Sesame seeds, roasted	15 mL (1 Tbsp)	1.4
Meatless, luncheon slices	75 g (2.5 oz)	1.4
Hummus	60 mL (¼ cup)	1.5
Almond butter	30 mL (2 Tbsp)	1.1
Miscellaneous		
Blackstrap molasses	15 mL (1 Tbsp)	3.6

www.dietitians.ca/Downloads/Factsheets/Food-Sources-of-Iron.aspx