

IRON

RICH

foods

Heme Iron

Food Source	Portion	Amount of Iron [milligrams]
Canned Clams	1 cup	44.74
Pork Liver	3 ounces	15.23
Oysters	1 cup	13-17
Chicken Liver	3 ounces	9.89
Beef Liver	3 ounces	5.23
Mussels	15 pieces	3.5
Shrimp	16 pieces	2.72
Sardines	3 ounces	2.48
Beef	3 ounces	1.78

Non-Heme Iron

Food Source	Portion	Amount of Iron [milligrams]
Cooked Lentils	½ cup	6.59
Pumpkin Seeds	1 ounce	4.19
Cooked Spinach	½ cup	3.21
Prune Juice	1 cup	3.02
Baked Potato with Skin	1 piece	2.5
Canned Beans	½ cup	2.16 - 4.17 (depending on type of bean)
Enriched Pasta	1 cup	1.96
Blackstrap Molasses	2 tbsp	1.94
Cooked Beans	½ cup	1.5 - 2.5 (depending on type of bean)
Canned Asparagus	4 pieces	1.32
Enriched Breakfast Cereals	1 cup	1 - 16 (depending on type and brand of cereal)
Raw Spinach	1 cup	0.81

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