

...food and nutrition information you can trust from Dietitians of Canada

Sources of Iron

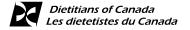
Excellent Source of Iron (3.5 mg or more per serving)

| Food | Serving | Iron (mg) |
|---------------------------------|------------------|-----------|
| Clams, canned | 3 oz (90 g) | 23.8 |
| Tofu, firm | 1/2 cup (125 mL) | 13.2 |
| Soybeans, boiled | 1 cup (250 mL) | 8.8 |
| Liver, chicken, cooked | 3.5 oz (100 g) | 8.5 |
| White beans, canned | 1 cup (250 mL) | 7.8 |
| Liver, beef, cooked | 3.5 oz (100 g) | 6.8 |
| Lentils, boiled | 1 cup (250 mL) | 6.6 |
| Tofu, raw | 1/2 cup (125 mL) | 6.6 |
| Oysters, canned | 3 oz (90 g) | 5.7 |
| Fortified breakfast cereal | 1/2 cup (125 mL) | 4.5 |
| Pumpkin & sesame seeds, roasted | 1 oz (30 g) | 4.2 |

Good Source of Iron (2.1 mg or more per serving)

| Food | Serving | Iron (mg) |
|-------------------------------------|------------------|-----------|
| Chickpeas; red kidney beans, canned | 1 cup (250 mL) | 3.2 |
| Beef - ground, extra lean, broiled | 3.5 oz (100 g) | 2.7 |
| Split peas, boiled | 1 cup (250 mL) | 2.5 |
| Enriched egg noodles, cooked | 1 cup (250 mL) | 2.5 |
| Beef – ground, lean, broiled | 3.5 oz (100 g) | 2.4 |
| Turkey, dark meat, without skin | 3.5 oz (100 g) | 2.3 |
| Steak - rib eye, broiled | 3.5 oz (100 g) | 2.3 |
| Lima beans, canned | 1/2 cup (125 mL) | 2.2 |
| | | More |

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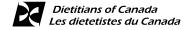
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Source of Iron (0.7 mg or more per serving)

| Food | Serving | Iron (mg) |
|--|------------------|-----------|
| Shrimp, canned | 3 oz (90 g) | 2.3 |
| Macaroni, enriched, cooked | 1 cup (250 mL) | 2.0 |
| Pistachios, dried | 1 oz (47 nuts) | 1.9 |
| Wheat germ | 1/4 cup (60 g) | 1.8 |
| Cashews, roasted | 1 oz (30 g) | 1.7 |
| Pumpkin, canned | 1/2 cup (125 mL) | 1.7 |
| Canned beets, canned | 1/2 cup (125 mL) | 1.5 |
| Ham, lean, roasted | 3.5 oz | 1.5 |
| Sunflower seeds, dried | 1 oz (30g) | 1.4 |
| Tuna, canned in water, light | 3 oz (90 g) | 1.3 |
| Bran muffin, from mix | 1 muffin | 1.3 |
| Chicken, dark meat, roasted, without skin | 3.5 oz (90 g) | 1.3 |
| Oatmeal (regular, instant, quick), cooked | 3/4 cup (175 mL) | 1.2 |
| Chicken, white meat, roasted, without skin | 3 oz (90 g) | 1.1 |
| Perch, baked | 3 oz (90 g) | 1.0 |
| Pumpernickel bread | 1 slice | 0.9 |
| Whole wheat bread | 1 slice | 0.9 |
| Halibut, baked | 3 oz (90 g) | 0.9 |
| White bread | 1 slice | 0.8 |
| Dried apricots | 5 halves | 0.8 |
| Sardines, canned | 2 | 0.7 |
| Pink salmon, with bone, canned | 3 oz (90 g) | 0.7 |
| Peaches, canned in juice | 1 cup (250 mL) | 0.7 |

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Daily Iron Needs

| Age | | lron mg/d |
|----------------------|----|-----------|
| | М | F |
| 1-3 years | 7 | 7 |
| 4-8 years | 10 | 10 |
| 9-13 years | 11 | 15 |
| 19-30 years | 8 | 18 |
| 31-50 years | 8 | 18 |
| 51-70 years | 8 | 8 |
| > 70 years | 8 | 8 |
| Pregnancy (all ages) | | 27 |
| Lactation <18 years | | 10 |
| Lactation 19-50 | | 9 |



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Notes

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