

Sources of Iron

Excellent sources of iron:

		Iron (mg)
3 oz. (90 g)	Clams	25.0
3 oz. (90 g)	Liver, pork	16.0
3 oz. (90 g)	Oysters	8.0
½ cup (125 mL)	*Enriched cream of wheat, cooked	7.5
3 oz. (90 g)	Liver, chicken	7.5
3 oz. (90 g)	Mussels	5.7
3 oz. (90 g)	Liver, beef	5.5
1 cup (250 mL)	*Instant enriched oatmeal	4.0 to 13.2
3 oz. (90 g)	Beef	3.0
3 oz. (90 g)	Shrimp	2.8
3 oz. (90 g)	Sardines	2.4
3 oz. (90 g)	Turkey or lamb	2.0
½ cup (125 mL)	*Enriched, cold cereal	1.6 to 8.3
3 oz. (90 g)	Pork or chicken	1.0
3 oz. (90 g)	Fish	1.0

*The iron content of enriched cereals varies in different brands.

Good sources of iron include:

		Iron (mg)
½ cup (125 mL)	Amaranth	7.4
½ cup (125 mL)	Soybeans, mature, cooked	4.4
¼ cup (75 mL)	Quinoa, dry	3.9
1 Tbsp (15 mL)	Molasses, blackstrap	3.5
½ cup (125 mL)	Lentils, cooked	3.3
1 medium	Potato, baked with skin	2.8
3 oz. (100 g)	Tofu, firm	2.6
½ cup (125 mL)	Red kidney beans, cooked	2.6
½ cup (125 mL)	Chickpeas, cooked	2.5
1	Bagel	2.4
1 cup (250 mL)	Pasta, enriched, cooked	2.4
½ cup (125 mL)	Asparagus, canned	2.2
½ cup (125 mL)	Lima beans, boiled	2.2
5	Dried figs	2.1
½ cup (125 mL)	Chard	2.0
1	Avocado	2.0