



IRON RICH FOODS

HELPING YOUR CHILD MAKE THE MOST OUT OF MEALS

HOW MUCH IS NEEDED

The recommended dietary allowance is based on the age and gender of your child:
infants and children: 10mg/day
Adolescent males 12mg/day
Adolescent females & Adults 15mg/day

Iron is better absorbed in the presence of Vitamin C, such as citrus fruits. Iron absorption from meat is greater than from any other source.

MEAT, EGG AND SEAFOOD

Lean Beef (3.5 oz) 3.0mg of iron
Hamburger (small) 1 3.0mg of iron
Ham (2.0 oz) 1.3mg of iron
Beef burrito (medium) 3.4-4.6mg of iron
Pork and beans(1 cup) 5.9mg of iron
Dark Meat Turkey (3.5 oz) 3.8mg of iron
Chicken (3.5 oz) 1.3mg of iron
Calves Liver (3.5 oz) 10.6mg of iron
Eggs (any style) 1 1.2mg of iron
Scallops (2 oz) 1.6mg of iron
Salmon (3.5 oz) 0.5mg of iron

BREADS AND CEREALS

White bread, enriched (1 slice) 0.4mg of iron
Whole wheat bread (1 slice) 0.5mg of iron
Pasta, dry, whole wheat (2 oz) 2.1mg of iron
Spaghetti with meatballs (1 cup) 3.3mg of iron
Brown Rice (½ cup) 2.0mg of iron
White Rice (½ cup) 0.5mg of iron
Bran cereals (½ cup) 2.9mg of iron
Cream of Wheat (½ cup) 7.8mg of iron
Cereals, fortified (1 serving) 4.5-17.8mg of iron
Most Infant Cereals (1/3 cup dry) 16.0mg of iron

FRUITS AND VEGETABLES

Raisins (½ cup) 2.8mg of iron
Dates (1 cup chopped) 1.5mg of iron
Prunes (1 cup pitted) 1.6mg of iron
Prune juice (½ cup) 5.1mg of iron
Dried apricots (½ cup) 4.2mg of iron
Dried peaches (¼ cup) 2.4mg of iron
Spinach (½ cup) 3.2mg of iron
Sweet potatoes (1 cup cubed) 0.8mg of iron
Green Peas (½ cup) 1.6mg of iron
Broccoli (½ cup) 0.8mg of iron
Kale (1 cup chopped) 1.0mg of iron
Potato with skin (medium) 2.7mg of iron

BEANS AND OTHER FOODS

Dried almonds (½ cup) 3.0mg of iron
Nuts (1 cup) 5-7mg of iron
Tofu, firm (½ cup) 2.0mg of iron
Chick peas, dry (½ cup) 1.6mg of iron
Green peas, cooked (¼ cup) 1.4mg of iron
Lima beans, cooked (¼ cup) 1.3mg of iron
Black beans (½ cup) 1.8mg of iron
Red beans, dry (¼ cup) 3.5mg of iron
Soybeans, cooked (¼ cup) 1.4mg of iron
White beans, dry (¼ cup) 3.9mg of iron
Lentils (½ cup) 3.3mg of iron
Light Molasses (¼ cup) 2.1mg of iron
Cheese pizza with beef (2 slices) 4.8mg of iron

WHY IS IRON IMPORTANT

Iron is important because your body needs it to make the protein called hemoglobin. Without hemoglobin your red blood cells can't carry oxygen from your lungs to the rest of your body. If you don't have enough iron in your diet, you are at risk of developing anemia.