



# 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) 3.0mg of iron

Ham (2.0 oz) 1.3mg of iron

Beef burrito (medium) 3.4-4.6mg 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

Egg (any style) 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

## 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.