

DIETARY SOURCES OF IRON

Food	Serving	Mg Iron
Almonds	1/2 Cup	2.7
Beef Liver	3 oz.	7.5 - 12
Beet Greens	1/2 Cup	1.4
Blackstrap Molasses	1 Tablespoon	3.2
Brewer's Yeast	1 Tablespoon	1.4
Brussels Sprouts	1 Cup	1.7
Cashews	1/2 Cup	2.6
Dried Apricots	1/2 Cup	3.6
Duck	3 oz.	2
Endive, Escarole	1 Cup	1
Haddock or Cod Fish	6 oz.	1
Lentils	1/2 Cup	2.1
Lima Beans	1/2 Cup	2
Peanuts	1/2 Cup	1.6
Peas	1/2 Cup	1.4
Prune Juice	1 Cup	10.5
Raisins	1/2 Cup	2.5
Soybeans	1/2 Cup	2.5
Spinach	1 Cup	1.7
Sunflower Seeds	1/2 Cup	5.1
Turkey, Dark	3 oz.	2
Turkey, Light	3 oz.	1
Wheat Germ	1 Tablespoon	0.5
Whole Grain Bread	1 Slice	0.8