

# FOOD SOURCES OF IRON

Dietary iron comes in two forms, heme and nonheme. Heme iron, the more readily absorbed form, is found in meats, while nonheme iron is found in certain plant products.

## FOOD SOURCES OF HEME IRON

FOOD	MILLIGRAMS OF IRON
Clams, steamed, 3 ounces	23.8
Beef tenderloin, roasted, 3 ounces	3.1
Shrimp, steamed, 3 ounces	2.6
Beef, ground, 85% lean, cooked, 3 ounces	2.5
Beef round, roasted, 3 ounces	2.0
Turkey, dark meat, roasted, 3 ounces	2.0
Canned tuna, light, 3 ounces	1.5
Haddock, cooked, 3 ounces	1.3
Turkey, light meat, roasted, 3 ounces	1.2
Chicken breast, roasted, 3 ounces	1.0
Pork loin, broiled, 3 ounces	0.8
Salmon, canned, 3 ounces	0.7
Egg, whole, 1 large	0.6

## FOOD SOURCES OF NONHEME IRON

FOOD	MILLIGRAMS OF IRON
Kellogg's Product 19 cereal, 1 cup	18.0
General Mills Whole Grain Total, $\frac{3}{4}$ cup	18.0
Instant oatmeal, 1 packet	6–8
Tempeh, 1 cup	4.5
Lentils, cooked, $\frac{1}{2}$ cup	3.3
Spinach, cooked, $\frac{1}{2}$ cup	3.2
Prune juice, 1 cup	3.0
Red kidney beans, cooked, $\frac{1}{2}$ cup	2.6
Egg noodles, cooked, 1 cup	2.5
Lima beans, cooked, $\frac{1}{2}$ cup	2.1
Pasta, cooked, 1 cup	2.0
White rice, enriched, cooked, 1 cup	1.9
Miso, paste, $\frac{1}{4}$ cup	1.9
Tofu, $\frac{1}{2}$ cup	1.8
Chickpeas, canned, $\frac{1}{2}$ cup	1.6
Wheat flour, white, enriched, $\frac{1}{4}$ cup	1.5
Soy milk, 1 cup	1.4
Soy flour, $\frac{1}{4}$ cup	1.3
Wheat germ, 2 tablespoons	1.1
Almonds, 20–25	1.0
Brussels sprouts, cooked, $\frac{1}{2}$ cup	0.9
Figs, dried, 4 medium	0.8

*Diabetes Self-Management*, "The Nuts and Bolts of Dietary Iron" by Amy Campbell, MS, RD, LDN, CDE

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