

iron sources



WHAT IS IRON?

Iron is an essential mineral we get from food. It carries oxygen through our blood to the different tissues and organs.

WHAT HAPPENS WHEN IRON IS LOW?

Low levels of iron can lead to a condition called microcytic anemia.

Symptoms may include:

- Fatigue
- Weakness
- Shortness of breath
- Dizziness
- Headaches
- Irritability
- Palpitations
- Cold hands and feet



TYPES OF IRON?

HEME

Animal sources of iron.

Easily absorbed.

Sources: meat, fish, poultry

NON- HEME

Plant sources of iron.

Not as readily absorbed as animal sources. Sources: beans, peas, lentils, some fruits and vegetables.

ENHANCING ABSORPTION

Here are some of our tips for helping with iron absorption:

- **Vitamin C** helps with absorption. Sources are citrus fruits, cantaloupe, strawberries, broccoli, peppers, tomatoes
- **Eat meat, poultry, and fish with your green vegetables or beans.** Heme iron helps absorb iron from other foods when eaten at the same time.
- **Avoid tea at mealtime and 30 minutes post-meal.** Black tea especially, contains tannins which reduce absorption.



BRIGHT & WELL

HOW MUCH IRON DO WE NEED?

AGE	AIM FOR (MG/ DAY)	STAY BELOW (MG/DAY)
Men >19	8	45
Women 19-50	18	45
Women > 51	8	45
Pregnant women 19-50	27	45
Breastfeeding 19-50	9	45

FOR VEGETARIANS

Vegetarians need almost 2x the daily recommended amount compared to non-vegetarians.

- Men and post-menopausal women: 14mg/day
- Pre-menopausal women: 33mg/day
- Adolescent girls: 26mg/day



SOURCES OF IRON

vegetables and fruit

	SERVING SIZE	IRON (MG)
Spianch, cooked	1/2 cup	2-3
Tomato puree	1/2 cup	2.4
Edamame, cooked	1/2 cup	2.4
Lima beans, cooked	1/2 cup	2.2
Asparagus, raw	6 spears	2.1
Potato, cooked with skin on	1 medium	2
Snow peas, cooked	1/2 cup	1.7
Turnip/ beet greens, cooked	1/2 cup	1.7
Prune juice	1/2 cup	1.6
Apricots, dried	1/4 cup	1.6
Beets, canned	1/2 cup	1.6
Kale, cooked	1/2 cup	1.3
Green peas, cooked	1/2 cup	1.3
Tomato sauce	1/2 cup	1.3



SOURCES OF IRON

grains

	SERVING SIZE	IRON (MG)
Oatmeal, cooked instant	3/4 cup	4.5 - 6
Cream of wheat, cooked	3/4 cup	5.8
Cereal, dry (fortified)	Serving size	4.3
Soda crackers	6	2.3
Oat bran, cooked	3/4 cup	2
Pasta, egg noodles, cooked	1/2 cup	1.3
Brown rice, cooked	1 cup	0.8
English muffin	1 plain	1.4
Pita, whole wheat	1 slice	1.9



SOURCES OF IRON

meats

	SERVING SIZE	IRON (MG)
Duck, cooked	2.5 oz	7
Moose/ venison, cooked	2.5 oz	2.5 - 3.8
Beef, cooked	2.5 oz	1.5 - 3.3
Ground meat (beef, lamb), cooked	2.5 oz	1.5 - 2.2
Lamb, cooked	2.5 oz	1.5 - 2.2
Chicken, cooked	2.5 oz	1 - 2
Pork, cooked	2.5 oz	0.5 - 1.5
Ground meat (turkey, chicken, poultry), cooked	2.5 oz	1 - 1.2
Turkey, cooked	2.5 oz	0.5



SOURCES OF IRON

organ meats

	SERVING SIZE	IRON (MG)
Pork liver, cooked	2.5 oz	13.4
Liver (chicken, turkey, lamb), cooked	2.5 oz	6.2 - 9.7
Lamb kidney, cooked	2.5 oz	9.3
Beef liver, cooked	2.5 oz	4.9
Kidney (beef, veal, pork), cooked	2.5 oz	2.3 - 4.4



SOURCES OF IRON

fish and seafood

	SERVING SIZE	IRON (MG)
Octopus, cooked	2.5 oz	7.2
Oysters, cooked	2.5 oz	3.5 - 9
Seafood (shrimp, scallops, crabs), cooked	2.5 oz	2.3
Sardines, canned	2.5 oz	2.2
Clams, canned	2.5 oz	2
Fish (mackerel, trout, bass), cooked	2.5 oz	1.5
Tuna, light, canned in water	2.5 oz	1.2



SOURCES OF IRON

alternatives

	SERVING SIZE	IRON (MG)
Tofu, cooked	150 g	2.5 - 8
Soybeans, mature, cooked	3/4 cup	6.5
Lentils, cooked	3/4 cup	4 - 5
Beans (white, kidney, navy pinto, black, roman, adzuki)	3/4 cup	2.5 - 5
Pumpkin or squash seeds, roasted	1/4 cup	1.5 - 4.7
Peas (chickpea, black eyed, split), cooked	3/4 cup	2 - 3.5
Tempeh/ fermented soy product, cooked	3/4 cup	3.2
Baked beans, canned	3/4 cup	2.2
Nuts (cashew, almond, pistachio, etc)	1/4 cup	2.2
Eggs, cooked	2 large	1.8



SOURCES OF IRON

alternatives

	SERVING SIZE	IRON (MG)
Sesame seeds, roasted	1 tbsp	1.5
Hummus	1/4 cup	1.5
Almond butter	2 tbsp	1.2
Blackstrap molasses	2 tbsp	3.6
Yeast extract (vegemite/marmite)	2 tbsp	1.5

