

| Food | Portion Size | Amount of Iron |
|---------------------|----------------------|----------------|
| tofu | 3/4 cup | 8mg |
| beef liver * | deck of cards | 5.8mg |
| lean ground beef * | deck of cards | 2.5mg |
| sirloin steak * | deck of cards | 1.6mg |
| turkey * | deck of cards | 1.6 mg |
| egg | 2 eggs | 1.2mg |
| white beans | 3/4 cup | 5.8mg |
| red kidney beans | 3/4 cup | 3.9mg |
| soy beans | 3/4 cup | 3.4mg |
| chickpeas | 3/4 cup | 2.4mg |
| Total cereal | 1 cup | 18mg |
| Cheerios cereal | 1 cup | 8.9mg |
| Special K cereal | 1 cup | 8.7mg |
| Raisin Bran cereal | 1 cup | 10.8mg |
| All Bran cereal | 1 cup | 5.5mg |
| potato | 1 medium potato | 3.2mg |
| baked potato | 1 potato (with skin) | 2.7mg |
| prune juice | 1 cup | 3.2mg |
| dried peaches | 1/2 cup | 1.6mg |
| strawberries | 1 pint | 1.5mg |
| dried raisins | 1/2 cup | 1.4mg |
| dried plums | 1/2 cup | 1.3mg |
| dried apricots | 1/2 cup | 1.2mg |
| pumpkin seeds | 1/4 cup | 8.6mg |
| cashews | 1/4 cup | 1.7mg |
| almonds | 1/4 cup | 1.4mg |
| pistachios | 1/4 cup | 1.2mg |
| lentils (boiled) | 1 cup | 6.6mg |
| spinach (cooked) | 1 cup | 6.4mg |
| sundried tomato | 1 cup | 4.9mg |
| lima beans (cooked) | 1 cup | 4.5mg |
| spinach (raw) | 1 cup | 3.6mg |
| quinoa | 1 cup | 2.8mg |
| collard greens | 1 cup | 2.2mg |
| peas | 1/2 cup | 1.2mg |
| kale | 1 cup | 1.1mg |
| dark chocolate | 100 grams | 6.3mg |
| oatmeal | 1/2 cup | 1.7mg |

* heme iron sources are highlighted in red and easier to absorb