



# Food Sources of Iron

References: Medical Nutrition from Marz, 2nd Edition by Russel B. Marz, ND, MACOM

## Recommended daily intake of iron

**Females** 18 mg/day      **Infants** 1 mg/kg body weight  
**Males** 10 mg/day      **6 mos. - 3 years** 10 mg/day

Food	Amount	mg
Beef liver	3 oz.	7.5
Chicken liver	3 oz.	7.5
Lentils, cooked	1 c	6.6
Spinach, cooked	1 c	6.6
Tofu	4 oz., 1/2 c	6.0
Sesame seeds	1/2 c	5.2
Kidney beans	1 c	5.2
Venison	4 oz.	5.0
Black strap molasses	4 oz.	5.0
Soy beans, cooked	1/2 c	4.4
Amaranth, cooked	2/3 c	4.0
Oysters	1 oz.	7.5
Chicken liver	3 oz.	3.8
Swiss chard	1 c	3.2
Dulse, dried	2 gm	3.0
Lima beans	1/2 c	2.9
Potato, baked	1 med	2.8
Garbanzo beans, cooked	1/2 c	2.4
Pinto beans, cooked	1/2 c	2.2
Turkey, dark meat	3 oz.	2.0
Leeks, cooked	1 c	2.0
Dandelion greens, cooked	1 c	1.9
Apricots	1/4 c	1.8
Pumpkin or squash	2 T seeds	1.8
Black beans	1/2 c	1.7
Peas, cooked	1/2 c	1.5

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Food	Amount	mg
Beet greens	1/2 c	1.4
Brewer's yeast	1 T	1.4
Quinoa, cooked	2/3 c	1.3
Figs	1/4 c	1.3
Sunflower seeds	1/8 c	1.3
Raisins	1/4 c	1.3
Green beans, cooked	1/2 c	1.2
Prunes	1/4 c	1.1
Endive	1 c	1.0
Cod	3 oz.	1.0
Turkey, white meat	3 oz.	1.0
Egg	1 large	1.0
Parsley	1/4 c	0.9
Rye	2/3 c	0.9
Kelp, dried	2 gm	0.8
Oats,	2/3 c	0.8
Buckwheat, cooked	2/3 c	0.7
Blueberries, raspberries	1/2 c	0.5

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