

Food	Serving size	Amount of Iron (mg)
Ground beef	~1 patty (77 g)	2
Pork loin	3 oz (85 g)	0.7
Chicken	1 cup diced (140g)	1.8
Ground turkey	~1 patty (82 g)	1.2
Tuna	1/2 small can or 2 oz (56 g)	0.9
salmon	1/2 fillet (198 g)	0.7
egg	1	0.6
Whole wheat bread	1 slice	0.7
Quinoa	1/2 cup cooked (93 g)	1.4
Oatmeal	1/2 cup dry (40 g)	3
Beans	1/2 cup	2
Beets	1/2 cup	0.5
Peas	1/2 cup	1
Sweet potatoes and potatoes	1 cup cubes (133g)	0.8
Broccoli	1 cup (91 g)	0.7
Spinach	1 cup (30 g)	0.8
kale	1 cup chopped	1
Chard	1 cup (36 g)	0.6
Prune	5 prunes	0.5
Molasses	1 tbsp (20 g)	0.9
Tofu	1/2 cup (124 g)	6.6
Pumpkin seeds	1/4 c (16 g)	0.5
Iron fortified cereal such as Life cereal	1 cup (42 g)	11
Pea protein powder	1 scoop (28 g)	1