

Some Good Sources Foods Rich in Iron (Dietary Iron) are:

List of Grains Rich in Iron:	Iron (mg.)
Brown rice, 1 cup cooked	0.8
Whole wheat bread, 1 slice	0.9
Wheat germ, 2 tablespoons	1.1
English Muffin, 1 plain	1.4
Oatmeal, 1 cup cooked	1.6
Total cereal, 1 ounce	18.0
Cream of Wheat, 1 cup	10.0
Pita, whole wheat, 1 slice/piece, 6 ½ inch	1.9
Spaghetti, enriched, 1 cup, cooked	2.0
Raisin bran cereal, 1 cup	6.3

List of Iron Rich Legumes, Seeds and Soy:	
Sunflower seeds, 1 ounce	1.4
Soy milk, 1 cup	1.4
Kidney beans, ½ cup canned	1.6
Chickpeas, ½ cup, canned	1.6
Tofu, firm, ½ cup	1.8
Soy burger, 1 average	1.8 to 3.9

List of Vegetables Rich in Iron:	
Broccoli, ½ cup, boiled	0.7
Green beans, ½ cup, boiled	0.8
Lima beans, baby, frozen, ½ cup, boiled	1.8
Beets, 1 cup	1.8
Peas, ½ cup, frozen, boiled	1.3
Potato, fresh, baked, cooked w/ skin on	4.0
Vegetables, green leafy, ½ cup	2.0
Watermelon, 6 inch x ½ inch slice	3.0

A Sample List of Foods Rich in Iron:	
Blackstrap Molasses, one tablespoon	3.0
Dates or Prunes, ½ cup	2.4
Beef, Pork, Lamb, three ounces	2.3 to 3.0
Liver (beef, chicken), three ounces	8.0 to 25.0
Clams, Oysters, ¾ cup	3.0
Dark meat turkey, ¾ cup	2.6