

Getting Iron From Food

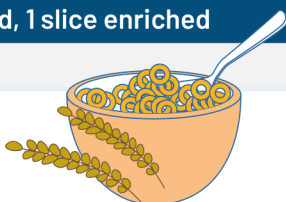
TAKE A LOOK AT THESE SOURCES OF IRON IN THE VARIOUS FOOD GROUPS.

| Animal Sources (best absorbed) | Iron (mg) |
|------------------------------------|-----------|
| Beef, 4 ounces roasted | 3mg |
| Turkey, 4 ounces roasted dark meat | 2mg |
| Tuna, 5-ounce can, light | 2mg |
| Pork, 4 ounces roasted | 1mg |
| Chicken breast, 4 ounces roasted | 1mg |
| Egg, 1 large | 1mg |



| Beans | Iron (mg) |
|----------------------------|-----------|
| Kidney beans, 1 cup canned | 3mg |
| Baked beans, 1 cup | 3mg |
| Tofu, 1/4 cake | 2mg |

| Grains | Iron (mg) |
|-------------------------------------|-----------|
| Cereal, Total 100% fortified, 1 cup | 18mg |
| Whole grain wheat cereal, 3/4 cup | 9mg |
| Toasted oat cereal, 1 cup | 8mg |
| Raisin Bran, 1 cup | 8mg |
| Spaghetti, 1 cup cooked, enriched | 2mg |
| Bread, 1 slice enriched | 1mg |



| Fruit & Vegetables | Iron (mg) |
|----------------------------|-----------|
| Raisins, 1/3 cup | 1mg |
| Spinach, 1/2 cup cooked | 3mg |
| Green Peas, 1/2 cup cooked | 1mg |
| Broccoli, 1/2 cup cooked | 1mg |

