



Food Sources for Iron:

Meat, poultry, oysters and fish are excellent sources

Other sources: molasses, wine and iron supplements

Fruit and Vegetable Sources:

Mixed dried fruit- 2.69 mg/ 3.5 oz

Dried figs- 417 mg/10 figs

Dried peach- 528 mg/10 halves

(All dried fruit are excellent sources of iron)

Prune juice canned- 3.02 mg/ 8 oz

Avocado (CA)- 2.04 mg/ 1 medium

Mincemeat canned- 4.50 mg/ $\frac{1}{4}$ cup

Mushrooms boiled- 1.36 mg/ $\frac{1}{2}$ cup

Boiled split peas- 2.53 mg/ 1 cup

Baked potato w/ skin- 2.75 mg/ 1 potato

Spirulina dried- 28.50 mg/ 3.5 oz

Swt potatoes can mashed- 3.39 mg/ 1 cup

Spinach boiled- 3.21 mg/ $\frac{1}{2}$ cup

Tomato paste can- 2.54mg/ $\frac{1}{2}$ cup

Tomato puree- 3.10 mg/ 1 cup

Tofu raw firm 13.19 mg/ $\frac{1}{2}$ cup

Beans are an excellent source of iron- some examples:

Adzuki bean boiled- 4.60 mg/1 cup

Refried beans- 4.20 mg/ 1 cup

Black beans - 5.27 mg/ 1 cup

Chickpeas boiled- 4.74 mg/1 cup

Kidney beans- 5.20 mg/ 1 cup

Lentils- 5.69 mg/ 1 cup

Notify doctor when taking an iron supplement

Taken from Bowes and Church's Food Values of Portions Commonly Used, 17th Edition

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