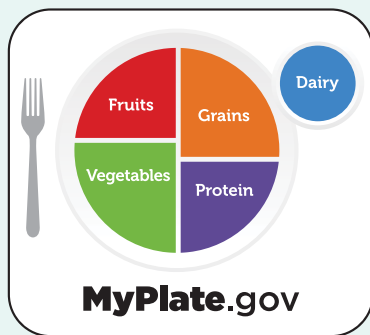


Food Sources of Iron

Iron helps carry oxygen throughout your body and getting enough is important for growth and development. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.

Did you know that you can get iron from many different food groups?

Here are a few examples:



Protein — Bison, sardines, clams, turkey leg, sesame seeds, and cashews



Grains — Fortified ready-to-eat or cooked cereals



Vegetables — Dark green vegetables such as spinach or kale; beans such as soybeans or chickpeas; and other vegetables such as beets, green peas, and poi (taro)



Fruits — 100% prune juice

Looking for more sources of iron to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and iron needs.

Nutrient-dense Food and Beverage Sources of Iron

The body absorbs iron more easily from animal sources (heme iron) than plant sources (non-heme iron). Talk to your healthcare provider about how much iron you need.

FOOD	STANDARD PORTION	IRON (mg)	PLAN TO TRY	MY FAVORITES
Protein Foods (heme sources)				
Oyster	3 oysters	6.9		
Mussels	3 ounces	5.7		
Duck, breast	3 ounces	3.8		
Turkey Egg	1 egg	3.2		
Bison	3 ounces	2.9		
Duck Egg	1 egg	2.7		
Beef	3 ounces	2.5		
Sardines, canned	3 ounces	2.5		
Crab	3 ounces	2.5		

FOOD	STANDARD PORTION	IRON (mg)	PLAN TO TRY	MY FAVORITES
Protein Foods (heme sources)				
Clams	3 ounces	2.4		
Lamb	3 ounces	2.0		
Turkey, leg	3 ounces	2.0		
Shrimp	3 ounces	1.8		
Organ meats (various)	3 ounces	1.8-19		
Game meats (various)	3 ounces	1.8-8.5		
Protein Foods (non-heme sources)				
Sesame seeds	1/2 ounce	2.1		
Cashews	1 ounce	1.9		
Grains (non-heme sources)				
Ready-to-eat cereal, whole-grain kernels, fortified	1/2 cup	16.2		
Hot Wheat Cereal, fortified	1 cup	12.8		
Ready-to-eat cereal, toasted oat, fortified	1 cup	9.0		
Ready-to-eat cereal, bran flakes, fortified	3/4 cup	8.4		
Vegetables (non-heme sources)				
Spinach, cooked	1 cup	6.4		
Artichokes, Jerusalem, cooked	1 cup	5.1		
Lima beans (white), cooked*	1 cup	4.9		
Hyacinth beans, cooked	1/2 cup	4.4		
Soybeans, cooked*	1/2 cup	4.4		
Swiss chard, cooked	1 cup	4.0		
Chrysanthemum leaves, cooked	1 cup	3.7		
Winged beans, cooked*	1/2 cup	3.7		
Stewed tomatoes, canned	1 cup	3.4		
White beans, cooked*	1/2 cup	3.3		
Lentils, cooked*	1/2 cup	3.3		
Amaranth leaves, cooked	1 cup	3.0		
Asparagus, raw	1 cup	2.9		
Beets, cooked	1 cup	2.9		
Mothbeans, cooked*	1/2 cup	2.8		
Beet greens, cooked	1 cup	2.7		
Jute, cooked	1 cup	2.7		
Mushrooms, cooked	1 cup	2.7		
Arrowroot, cooked	1 cup	2.7		
Green peas, cooked	1 cup	2.5		
Chickpeas (garbanzo beans), cooked*	1/2 cup	2.4		
Adzuki beans, cooked*	1/2 cup	2.3		

FOOD	STANDARD PORTION	IRON (mg)	PLAN TO TRY	MY FAVORITES
Vegetables (non-heme sources)				
Pumpkin leaves, cooked	1 cup	2.3		
Yardlong beans, cooked*	1/2 cup	2.3		
Mustard spinach, raw	1 cup	2.3		
Yellow beans, cooked*	1/2 cup	2.2		
Collard greens, cooked	1 cup	2.2		
Navy beans, cooked*	1/2 cup	2.2		
Cowpeas, dried and cooked*	1/2 cup	2.1		
Poi (taro root)	1 cup	2.1		
Peas in the pod, raw	1 cup	2.0		
Kidney beans, cooked*	1/2 cup	2.0		
Pink beans, cooked*	1/2 cup	1.9		
Acorn squash, cooked	1 cup	1.9		
Dandelion greens, cooked	1 cup	1.9		
Great northern beans, cooked*	1/2 cup	1.9		
Leeks, cooked	1 cup	1.9		
Potato, baked, with skin	1 medium	1.9		
Cranberry (roman) beans, cooked*	1/2 cup	1.9		
Black beans, cooked*	1/2 cup	1.8		
Pinto beans, cooked*	1/2 cup	1.8		
Sweet potato, cooked	1 cup	1.8		
Fruits (non-heme sources)				
Prune juice, 100%	1 cup	3.0		

Notes:

* Beans, peas, and lentils are listed under Vegetables and can also be included in the Protein Foods groups.

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

This list includes "standard" portions, which provide at least 1.8 mg iron. Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice).

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Want to learn more about what and how much to eat?
 The **MyPlate Plan** can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.

