

Food Sources of Iron

Food Sources of iron ranked by milligrams of iron per standard amount.

<u>Food, Standard Amount</u>	<u>Iron (mg)</u>
Clams, canned, drained, 3 oz	23.8
Fortified ready-to-eat cereals (various), ~ 1 oz	1.8 -21.1
Oysters, eastern, wild, cooked, moist heat, 3 oz	10.2
Organ meats (liver, giblets), various, cooked, 3 oz ^a	5.2-9.9
Fortified instant cooked cereals (various), 1 packet	4.9-8.1
Soybeans, mature, cooked, ½ cup	4.4
Pumpkin and squash seed kernels, roasted, 1 oz	4.2
White beans, canned, ½ cup	3.9
Blackstrap molasses, 1 Tbsp	3.5
Lentils, cooked, ½ cup	3.3
Spinach, cooked from fresh, ½ cup	3.2
Beef, chuck, blade roast, lean, cooked, 3 oz	3.1
Beef, bottom round, lean, 0" fat, all grades, cooked, 3 oz	2.8
Kidney beans, cooked, ½ cup	2.6
Sardines, canned in oil, drained, 3 oz	2.5

Beef, rib, lean, ¼" fat, all grades, 3 oz	2.4
Chickpeas, cooked, ½ cup	2.4
Duck, meat only, roasted, 3 oz	2.3
Lamb, shoulder, arm, lean, ¼" fat, choice, cooked, 3 oz	2.3
Prune juice, ¾ cup	2.3
Shrimp, canned, 3 oz	2.3
Cowpeas, cooked, ½ cup	2.2
Ground beef, 15% fat, cooked, 3 oz	2.2
Tomato puree, ½ cup	2.2
Lima beans, cooked, ½ cup	2.2
Soybeans, green, cooked, ½ cup	2.2
Navy beans, cooked, ½ cup	2.1
Refried beans, ½ cup	2.1
Beef, top sirloin, lean, 0" fat, all grades, cooked, 3 oz	2.0
Tomato paste, ¼ cup	2.0

^a High in cholesterol.

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.