

High Iron Foods

Food	Serving (Imperial)	Serving (Metric)	Iron Amount (mg)	% RDA (DV)
Breakfast cereal, fortified 100% DV	1 serving	28 – 56 g	18	100%
Oysters, cooked	3 oz	85 g	8	44%
White beans, cooked	1 cup	90 g	8	44%
Beef liver, cooked	3 oz	85 g	5	28%
Lentils, cooked	1/2 cup	100 g	3	17%
Spinach, cooked	1/2 cup	90 g	3	17%
Tofu, firm	1/2 cup	125 g	3	17%
Kidney beans, cooked	1/2 cup	90 g	2	11%
Chickpeas, cooked	1/2 cup	85 g	2	11%
Beef, bottom round, cooked	3 oz	85 g	2	11%

Adult U.S.RDA (Recommend Dietary Allowance)

8 mg Male

18 mg Female

NOTE

Animal foods provide heme iron that is more digestible than plant food nonheme iron. People eating a high plant food diet usually get enough nonheme iron to prevent an iron deficiency. Calcium appears to increase absorption of nonheme plant food iron.