

## Dietary Sources of IRON

Iron is found in a variety of different food supplements, but its availability to the body varies significantly. Generally, iron is not readily absorbed by the body. Availability is partially determined by whether the iron is found in the HEME or NON HEME iron. HEME is found primarily in fruits, vegetables, dried bean, nuts and grain products. Take a look at the chart below for some good suggestions on HEME & NON HEME iron sources.

### **HEME Iron Sources**

<b>Food Source</b>	<b>Serving Size (oz.)</b>	<b>Iron (mg.)</b>
Beef, lean ground: 10% fat	3.0	7.5
Beef, round	3.0	4.6
Beef, chuck	3.0	3.2
Beef, flank	3.0	4.3
Chicken, breast (boneless)	3.0	0.9
Cod, broiled	3.0	0.8
Flounder, baked	3.0	1.2
Pork, loin chop	3.0	3.5
Salmon, pink canned	3.0	0.7
Tuna, canned	3.0	1.0
Turkey, white meat	3.0	1.2
Turkey, dark meat	3.0	2.0

### **NON –HEME Sources**

<b>Food Source</b>	<b>Serving Size (oz.)</b>	<b>Iron (mg.)</b>
Almonds	10-12 pieces	0.7
Apricots, dried medium sized	10 pieces	1.7
Bagel	1 whole	1.5
Baked beans, canned	½ cup	2.0
Bread, white	2 slices	1.4
Bread, whole wheat	2 slices	1.7
Broccoli, cooked	½ cup	0.6
Broccoli, raw	1 stalk	1.1
Dates	10 pieces	1.6
Kidney beans	½ cup	3.0
Lima beans	½ cup	1.8
Macaroni, enriched & cooked	1 cup	1.9
Molasses, black strap	1 tbsp.	2.3
Peas, frozen & prepared	½ cup	2.3
Prune juice	½ cup	1.5
Raisins, not packed	¼ cup	1.0
Rice, brown & cooked	1 cup	1.0
Rice, enriched, white & cooked	1 cup	1.8
Spinach, cooked	½ cup	2.0