

Iron Foods

- Values based on information from USDA Nutrient Data Base April 2018. Numbers are rounded to the nearest tenth.
- Iron in meat, poultry, and fish is better absorbed than iron from plant sources. Combine plant sources of iron with small amounts of meat or vitamin C foods for better absorption of iron.
- This is a listing of some of the food sources of iron. It is not a complete listing of all iron containing foods.

Meat, Fish, Poultry	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Beef - 93% lean, ground, cooked	1 ounce	0.8 mg	3 ounces	2.4 mg
Beef - chuck roast, lean, cooked	1 ounce	0.9 mg	3 ounces	2.7 mg
Braunschweiger - (liver sausage)	1 ounce	3.2 mg	3 ounces	9.5 mg
Chicken - breast, cooked, meat only	1 ounce	0.3 mg	3 ounce	0.9 mg
- leg, cooked meat only	1 ounce	0.3 mg	3 ounces	0.9 mg
Clams - steamed	1 ounce	0.8 mg	3 ounces	2.4 mg
Cod - Atlantic, baked	1 ounce	0.1 mg	3 ounces	0.4 mg
Ham	1 ounce	0.3 mg	3 ounces	0.8 mg
Liver - beef	1 ounce	1.8 mg	3 ounces	5 mg
- chicken	1 ounce	3.3 mg	3 ounces	9.9 mg
Pork - lean, cooked	1 ounce	0.3 mg	3 ounces	1 mg
Pollock - baked	1 ounce	0.1 mg	3 ounces	0.3 mg
Salmon - canned, pink, drained, solids	1 ounce	0.2 mg	3 ounces	0.7 mg
Salmon - fresh, Atlantic, farmed, cooked	1 ounce	0.1 mg	3 ounces	0.3 mg
Shrimp - cooked	1 ounce	0.1 mg	3 ounces	0.4 mg
Tuna Fish - light, canned in water, drained, solids	1 ounce (approx. 3 Tablespoons)	0.5 mg	3 ounces (approx. 1/2 cup)	1.4 mg
Turkey - Breast, cooked, roasted	1 ounce	0.2 mg	3 ounces	0.6 mg
- ground, cooked	1 ounce	0.4 mg	3 ounces	1.3 mg
- leg, cooked, meat only	1 ounce	0.2 mg	3 ounces	0.6 mg
Venison - cooked	1 ounce	1.2 mg	3 ounces	3.5 mg

	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Beans and Eggs				
Beans - cooked, black	1/4 cup	0.9 mg	1/2 cup	1.8 mg
- cooked, navy	1/4 cup	1.1 mg	1/2 cup	2.2 mg
- cooked, pinto	1/4 cup	0.9 mg	1/2 cup	1.8 mg
Edamame - frozen, prepared	1/4 cup	0.9 mg	1/2 cup	1.8 mg
Eggs - whole, large, hard boiled	1/2	0.3 mg	1	0.6 mg
Hummus - commercial	1 Tablespoon	0.4 mg	2 Tablespoons	0.8 mg
Lentils - cooked	1/4 cup	1.7 mg	1/2 cup	3.3 mg
Tofu - raw, firm	1/4 cup	1.7 mg	1/2 cup	3.4 mg
Nuts and Seeds				
Almonds - raw, whole	1 Tablespoon	0.3 mg	2 Tablespoons	0.7 mg
Cashews - raw	1 Tablespoon	0.5 mg	2 Tablespoons	1.0 mg
Peanuts - raw	1 Tablespoon	0.4 mg	2 Tablespoons	0.8 mg
Peanut Butter	1 Tablespoon	0.3 mg	2 Tablespoons	0.6 mg
Pecans - halves	1 Tablespoons	0.2 mg	2 Tablespoons	0.3 mg
Pistachios	1 Tablespoon	0.3 mg	2 Tablespoons	0.6 mg
Pumpkin Seeds - whole, roasted	1 Tablespoon	0.1 mg	2 Tablespoons	0.3 mg
Sunflower Seed Kernels - dried	1 Tablespoon	0.5 mg	2 Tablespoons	0.9 mg
Walnuts - raw, halves	1 Tablespoons	0.2 mg	2 Tablespoons	0.4 mg
Grain Sources				
Bread - whole wheat	1/2 slice	0.4 mg	1 slice	0.8 mg
Bread - enriched	1/2 slice	0.5 mg	1 slice	0.1 mg
Cereal - iron fortified with 100% DV for iron per serving (current DV of 18 mg)	1/2 serving (as per label)	9 mg	1 serving (as per label)	18 mg
Cereal - iron fortified with 45% DV for iron per serving	1/2 serving (as per label)	4 mg	1 serving (as per label)	8.1 mg
Cereal - infant, dry, iron fortified with 45 mg of iron per 100 grams (current DV of 18 mg)	1 Tablespoon	1.1 mg	N/A	N/A
Granola - homemade	2 Tablespoons	0.6 mg	1/4 cup	1.2 mg

	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Pasta - <i>white, enriched, cooked</i>	1/4 cup	0.4 mg	1/2 cup	0.8 mg
Pasta - <i>whole grain, cooked</i>	1/4 cup	0.5 mg	1/2 cup	0.9 mg
Rice - <i>brown, cooked, medium grain</i>	1/4 cup	0.3 mg	1/2 cup	0.5 mg
Rice - <i>white, enriched, cooked, medium grain</i>	1/4 cup	0.7 mg	1/2 cup	1.4 mg
Tortillas - <i>whole grain</i> (1 = 41g)	1/2	0.5 mg	1	1 mg
Fruit and Vegetable Sources				
Apricots - <i>dried</i>	1/2	0.1 mg	1 whole	0.2 mg
Broccoli - <i>chopped, cooked</i>	1/4 cup	0.3 mg	1/2 cup	0.5 mg
Kale - <i>raw</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Leafy Greens - <i>shredded</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Potato - <i>baked, flesh only</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Prunes	2 Tablespoons	0.2 mg	1/4 cup	0.4 mg
Raisins	1 Tablespoon	0.3 mg	2 Tablespoons	0.5 mg
Spinach - <i>cooked</i>	1/4 cup	1.6 mg	1/2 cup	3.2 mg

Recommended Dietary Allowances and Adequate intakes for Iron

Age	Iron (mg/day)
Infants	
0-6 months	0.27
6-12 months	11
Children	
1-3 years of age	7
4-8 years of age	10
9-13 years of age	8
Females	
14-18 years of age	15
19-50 years of age	18
51+	8
Males	
14-18 years of age	11
19- 50 years of age	8
51+	8
Pregnant Women	
14-50 years of age	27
Breastfeeding Women	
14-18 years of age	10
19-50 years of age	9

The RDA/AI for iron is based on consuming a nonvegetarian diet. Because non-heme iron absorption is lower for those who consume vegetarian diets, the iron requirement for vegetarians may be almost two times higher than the RDA.

Sources:

Dietary Reference Intakes for Vitamin, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodin, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc (2001). These reports may be accessed via www.nap.edu

Dietary Reference Intakes (DRIs) developed by the Food and Nutrition Board (FNB) at the Institute of Medicine (IOM) of the National Academies.

This provides general nutrition information; medical advice should be obtained from a healthcare professional.