

## Food Sources of Iron

### Information about Iron

- Iron is a mineral that is important for good health.
- Iron carries oxygen to all parts of your body.
- Low iron levels can leave you tired, pale-looking and irritable.

### How Much Iron Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of* milligrams (mg)/day</i>	<i>Stay below* mg/day</i>
Men 19 and older	8	45
Women 19-50	18	45
Women 51 and older	8	45
Pregnant women 19 and older	27	45
Breastfeeding women 19 and older	9	45

\*This includes sources of iron from food and supplements.

- Vegetarians need almost twice the daily recommended amount of iron compared with non-vegetarians. Iron from plant-based foods is not absorbed as well by our bodies as animal food sources.

### Iron Content of Some Common Foods

You can find iron in both animal and plant foods.

- Animal sources (called "heme iron") include meat, fish and poultry. Our bodies easily absorb this type of iron.
- Plant sources (called "non-heme iron") include dried beans, peas and lentils and some fruits and vegetables.
- In Canada, grain products like flour, pasta and breakfast cereals are fortified with iron. Our bodies better absorb this type of iron when taken along with meat/chicken/fish or a source of vitamin C. Vitamin C rich foods include

citrus fruits and juices, cantaloupe, strawberries, broccoli, tomatoes and peppers.

The following table will show you which foods are sources of iron.

<i>Food</i>	<i>Serving Size</i>	<i>Iron (mg)</i>
<b><i>Vegetables and Fruit</i></b>		
Spinach, cooked	125 mL (½ cup)	2-3.4
Tomato puree	125 mL (½ cup)	2.4
Edamame/baby soybeans, cooked	125 mL (½ cup)	1.9-2.4
Lima beans, cooked	125 mL (½ cup)	2.2
Asparagus, raw	6 spears	2.1
Hearts of palm, canned	125 mL (½ cup)	2.0
Potato, with skin, cooked	1 medium	1.3-1.9
Snow peas, cooked	125 mL (½ cup)	1.7
Turnip or beet greens, cooked	125 mL (½ cup)	1.5-1.7
Prune juice	125 mL (½ cup)	1.6
Apricots, dried	60 mL (¼ cup)	1.6
Beets, canned	125 mL (½ cup)	1.6

Kale, cooked	125 mL (½ cup)	1.3
Green peas, cooked	125 mL (½ cup)	1.3
Tomato sauce	125 mL (½ cup)	1.2
<b>Grains and Grain Products</b>		
Oatmeal, instant, cooked	175 mL (¾ cup)	4.5-6.6
Cream of wheat, all types, cooked	175 mL (¾ cup)	5.7-5.8
<b>Grains and Grain Products</b>		<b>Serving Size</b>
<b>Grains and Grain Products</b>		<b>Iron (mg)</b>
Cereal, dry, all types	30 g (check product label for serving size)	4.0-4.3
Granola bar, oat, fruits and nut	1 bar (32 g)	1.2-2.7
Cracker, soda	6 crackers	1.5-2.3
Oat bran cereal, cooked	175 mL (¾ cup)	2.0
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	1.2
<b>Protein Foods</b>		
<b>Milk and Alternatives</b>		
Yogurt, soy	175 mL	2.1

	(¾ cup)	
<i>Meat and Alternatives</i>		
Meat and Poultry		
Duck, cooked	75 g (2 ½ oz)	1.8-7.4
Moose or venison, cooked	75 g (2 ½ oz)	2.5-3.8
Beef, various cuts, cooked	75 g (2 ½ oz)	1.4-3.3
Ground meat (beef, lamb), cooked	75 g (2 ½ oz)	1.3-2.1
Lamb, various cuts, cooked	75 g (2 ½ oz)	1.3-2.1
Chicken, various cuts, cooked	75 g (2 ½ oz)	0.4-2.0
Pork, various cuts, cooked	75 g (2 ½ oz)	0.5-1.5
Ground meat (turkey, chicken, pork), cooked	75 g (2 ½ oz)	0.7-0.8
<b><i>Protein Foods</i></b>	<b><i>Serving Size</i></b>	<b><i>Iron (mg)</i></b>
Turkey, various cuts, cooked	75 g (2 ½ oz)	0.3-0.8
Organ Meats		
Liver, pork, cooked*	75 g (2 ½ oz)	13.4
Liver (chicken, turkey, lamb) cooked*	75 g (2 ½ oz)	6.2-9.7

Kidney, lamb, cooked	75 g (2 ½ oz)	9.3
Liver, beef, cooked*	75 g (2 ½ oz)	4.9
Kidney (beef, veal, pork), cooked	75 g (2 ½ oz)	2.3-4.4
<b>Fish and Seafood</b>		
Octopus, cooked	75 g (2 ½ oz)	7.2
Oysters, cooked	75 g (2 ½ oz)	3.3-9.0
Seafood (shrimp, scallops, lobster), cooked	75 g (2 ½ oz)	0.2-0.4
Crab, cooked	75 g (2 ½ oz)	0.6-2.2
Sardines, canned	75 g (2 ½ oz)	1.7-2.2
Clams, canned	75 g (2 ½ oz)	2.0
Fish (mackerel, trout, bass), cooked	75 g (2 ½ oz)	1.4-1.7
Tuna, light, canned in water	75 g (2 ½ oz)	1.2
<b>Meat Alternatives</b>		
Tofu, cooked	150 g (¾ cup)	2.4-8
Soybeans, mature, cooked	175 mL (¾ cup)	6.5
<b>Protein Foods</b>	<b>Serving</b>	<b>Iron (mg)</b>

	<i>Size</i>	
Lentils, cooked	175 mL (¾ cup)	4.1-4.9
Beans (white, kidney, navy, pinto, black, roman/cranberry, adzuki), cooked	175 mL (¾ cup)	2.6-4.9
Pumpkin or squash seeds	60 mL (¼ cup)	1.4-4.7
Peas (chickpeas/garbanzo beans, black-eyed, split), cooked	175 mL (¾ cup)	1.9-3.5
Tempeh/fermented soy product, cooked	150 g (¾ cup)	3.2
Meatless (sausage, chicken, meatballs, fish sticks), cooked	75 g (2 ½ oz)	1.5-2.8
Baked beans, canned	175 mL (¾ cup)	2.2
Nuts (cashews, almonds, hazelnuts, macadamia, pistachio nuts), without shell	60 mL (¼ cup)	1.3-2.2
Egg, cooked	2 large	1.2-1.8
Sesame seeds, roasted	15 mL (1 Tbsp)	1.4
Meatless, luncheon slices	75 g (2 ½ oz)	1.4
Hummus	60 mL (¼ cup)	1.5
Almond butter	30 mL (2 Tbsp)	1.1
<b>Miscellaneous</b>		
Blackstrap molasses	15 mL (1 Tbsp)	3.6

Yeast extract spread (marmite or vegemite)	30 mL (2 Tbsp)	1.5
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\*Pregnant women should limit intake of liver to one serving every week.

Source: Health Canada, "Canadian Nutrient File 2015" [www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php) [Accessed June 2016].



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