

## Foods Rich in Iron

<b>Food</b>	<b>Milligrams of iron per 100 grams of food</b>	<b>Food portions containing 1 milligram of iron</b>
chicken / beef liver	8.8	10 grams
cooked beef	5.5	15 grams
cooked turkey meat	4.8	20 grams
sardines	4.0	25 grams
tuna fish in oil	1.2	1/2 can
cooked chicken	0.8	1 drumstick / leg or 1/8 of the chicken
pure tehina / tehini	9.0	2 teaspoons
sesame halva	6.0	15 grams
tehina said or prepared tehini	4.9	2 tablespoons
oat flakes	4.5	2 tablespoons (before cooking)
almonds	4.4	15 pieces
dried figs	4.0	2 pieces
cooked spinach	2.5	1 cup
hummus	2.6	3 tablespoons
cooked garbanzo beans	2.4	1/4 cup
cooked dry beans	2.3	1/4 cup
cooked lentils	2.2	1/3 cup
dried dates	1.7	4 dates
brown bread	1.7	2 slices
cooked green peas	1.4	1/3 cup
cooked potato	1.4	1/2 potato
<b>Vegetables and fruit</b>	<b>Servings and iron content</b>	
Collard greens, kale, mustard, beet or turnip greens	1/2 cup contains 2 milligrams	
Cooked peas	1 cup contains 3 milligrams	
Spinach	1 cup contains 4 milligrams	
Dried apricots	1 cup contains 7.2 milligrams	
Dried peaches	1 cup contains 9.6 milligrams	
Prunes	1 cup contains 3.8 milligrams	
Raisins	1 cup contains 5.1 milligrams	

<b>Beans</b>	<b>Servings and iron content</b>
Kidney, lima, navy, pinto, soy beans, and lentils	1 cup contains 5.0 milligrams
Iron fortified whole grains (cereal, breads, enriched rice and pasta)	

From <http://www.loveyourbaby.com/iron=rick-food-list.html>