

What is eaten each day must add up to 20 mgs. Or the diet is insufficient

Daily Recommended Iron Content

Non-Meat Sources

<u>Food</u>	<u>Amount</u>	<u>Iron Content</u>
Almonds	2/3 cup	4.7 mg.
Apple juice	1 cup	1.5 mg.
Apricots (dried, uncooked)	10 large	2.3 mg.
Asparagus (canned)	1/2 cup or 6-7 spears	1.9 mg.
(frozen)		1.1 mg.
Green Beans	3 1/2 oz.	1.1 mg.
Barley	1.2 cup	2.0 mg.
Kidney Beans	1/2 cup	1.8 mg.
Lima Beans (fresh)	2/3 cup	2.5 mg.
(frozen)		1.7 mg.
Bean Sprouts Raw	1 cup	1.3 mg.
Beet Greens	2/3 cup	1.9 mg.
Bran Breakfast Cereal	1 oz.	2.9 mg.
Raisan Bran	2 cups	4.0 mg.
Brazil Nuts	2/3 cups	2.4 mg.
Bread		
(Enriched White)		2.4 mg.
(Whole Wheat)		2.3 mg.
Broccoli	2/3 cup	1.1 mg.
Brussel Sprouts	2/3 cup	1.1 mg.
Cashew Nuts	3 1/2 oz.	3.8 mg.
Chard	2/3 cup	1.8 mg.
Chickpeas	1/2 cup	6.9 mg.
Chocolate (bittersweet)	3 1/2 oz.	5.0 mg.
Corn Muffin	2 (2 1/2 inc. in diam.)	1.8 mg.
Cowpeas	2/3 cup	2.1 mg.
Currants	1 cup	1.0 mg.
Dandelion Greens	1 cup	3.1 mg.
Dates (pitted)	1/2 cup	3.0 mg.
Farina Enriched	1/2 cup	5.0 mg.
Figs (Dried)	5 figs	3.0 mg.
Filberts	100	3.4 mg.
Lentils	3 1/2 oz.	2.1 mg.
Lettuce	4 (large leafy type)	2.0 mg.
Macaroni	2/3 cup	1.1 mg.
Molasses		
1 st . Extration Light	1/3 cup	4.3 mg.
2 nd . Extration Medium	1/3 cup	6.0 mg.
3 rd Extration Blackstrap	1/3 cup	11.3 mg.
Mustard Greens	2/3 cup	1.8 mg.
Oat Cereal Enriched	1 cup	1.2 mg.
Peanuts	2/3 cup	2.1 mg.
Peas, Green	2/3 cup	1.9 mg.

<u><i>Food</i></u>	<u><i>Amount</i></u>	<u><i>Iron Content</i></u>
Pecans	1 cup	2.4 mg.
Pistachio Nuts	3 ½ oz.	7.3 mg.
Prunes (Dried, Uncooked)	2/3 cup	3.9 mg.
Prune Juice	½ cup	4.1 mg.
Raisans	2/3 cup	3.5 mg.
Soybeans	3 ½ oz.	2.8 mg.
Soybeans fermented (natto or miso)	3 ½ oz.	3.7 mg.
Soybean flour	1 cup	9.0 mg.
Spinach Raw	3 ½ ozs.	3.1 mg.
Corn Syrup	1/3 cup	4.1 mg.
Walnuts	1 cup	3.1 mg.
Whole Wheat Flour	1 cup	3.3 mg.
Enriched Wheat Flour	1 cup	2.9 mg.
Wheat Germ	1 cup	9.4 mg.
Yeast, Brewers	1 tbs.	1.4 mg.
Kale	1 cup	1.6 mg.

Some Meat Sources

Ground Beef	3 ½ ozs. (2 patties)	3.2 mg.
Steak	3 ½ ozs.	2.9 mg.
Beef Heart	3 ½ ozs.	5.9 mg.
Beef Kidneys	3 ½ ozs.	7.4 mg.
Lamb	3 ½ ozs.	1.3 mg.
Liver (Cow)	3 ½ ozs.	6.5 mg.
(Calf)	3 ½ ozs.	14.2 mg.
(Lamb)	3 ½ ozs.	17.9 mg.
Oysters	5- 8 Medium	5.5 mg.
Ham	3 ½ ozs.	2.6 mg.