

IRON RICH FOODS

Food	Amount	Iron Content (mg)
Meat Sources		
Liver (Chicken/Beef) **	100g	8.8
Beef (cooked)	100g	5.5
Turkey Meat	100g	4.8
Lamb (1/4" cooked)	100g	1.9
Veal (ground, broiled)	100g	1.0
Pork	100g	0.8
Chicken (cooked)	100g	0.8
Egg (Yolk)	one	1.0
Fish Sources		
Oysters (cooked)	100g	8.5
Sardines	100g	4.0
Mackerel	100g	1.4
Salmon	100g	1.3
Tuna Fish (in oil)	100g	1.2
Herring	100g	1.1
Vegetable Sources		
Spinach	100g	2.7
Kale	100g	1.5
Rocket Leaves	100g	1.5
Broccoli	100g	0.7
Lettuce	100g	0.4
Fruit Sources		
Watermelon	6" x 1/2" slice	3.0
Dried Apricots	100g	2.7
Raisins	100g	1.9
Dates	100g	1.0
Dried Prunes (uncooked)	100g	0.9
Strawberries	100g	0.4
Figs	100g	0.3
Cereals and Cereal Products		
Special K, Bran flakes	30g	6.5
Oats	100g	4.7
All Bran	35-40g	3.0
Fortified Cereals	30-40g	2.0
Pasta	240g (cooked)	2.0
Bread (White/Brown)	1 medium slice	1.0
Pulses and Seeds		
Pumpkin Seeds (dried)	100g	8.8
Pumpkin Seeds (roasted)	100g	8.1
Chick Peas	100g	6.2
Lentils (boiled)	100g	3.3
Baked Beans	100g	2.0
Green Peas	100g	1.5
Nuts		
Cashews (oil roasted)	100g	6.1
Hazel nuts	100g	4.7
Almonds (dry roasted)	100g	3.8
Walnuts	100g	2.9
Peanuts (dry roasted)	100g	2.3
Peanut butter	20g thickly spread	0.5

****AVOID IF YOU ARE PREGNANT OR PLANNING A PREGNANCY**



Additional information about iron...

Daily Iron Requirements

Age (years)	Males	Females
15 – 18	11mg	15mg
19 – 50	9mg	15mg
50+	9mg	9mg

- Iron is best absorbed on an empty stomach.
- Ascorbic Acid (Vitamin C) enhances iron absorption – this is found mainly in citrus fruit.
- Avoid drinking or eating milk and milk products with iron-rich foods.
- Tannins- reduce iron absorption – these are found in tea and coffee -.
 - Wait 30 minutes before and after a meal before drinking tea or coffee.
- Drugs decreasing iron absorption: Antacids, Calcium, Thyroid Hormones, Oral Bisphosphonates.

“0.5mg of iron are lost with every 1ml of blood donated...”