



IRON IN COMMON FOODS

| Food | Measure or Weight | Iron (mg.) | Food | Measure or Weight | Iron (mg.) |
|--------------------------|-------------------|------------|----------------------|-------------------|------------|
| almonds | 1/4 cup | 1.7 | macaroni, enriched | 1 cup cooked | 1.4 |
| apple juice | 1 cup | 1.5 | molasses, light | 2 Tablespoons | 1.8 |
| applesauce, no sugar | 1 cup | 1.2 | oatmeal | 1 cup cooked | 1.4 |
| apricots, dried | 1/4 cup | 2.1 | oysters | 1/2 cup | 6.6 |
| asparagus, canned | 1/2 cup | 2.0 | peanuts | 1/4 cup | 0.8 |
| avocado | 1/2 medium | 0.8 | peas, green, canned | 1/2 cup | 2.1 |
| banana | 1 medium | 0.8 | peas, split, green | 1/2 cup cooked | 2.1 |
| beans, lima, dried | 1/2 cup cooked | 3.0 | plums, canned | 1 cup | 2.2 |
| beans, lima, green | 1/2 cup cooked | 2.2 | pork, roast | 3 ounces | 2.7 |
| beans, navy, dried | 1/2 cup cooked | 2.6 | potato, sweet, baked | 1 medium | 1.0 |
| beans, red kidney, dried | 1/2 cup cooked | 2.3 | prune juice | 1/2 cup | 5.3 |
| beef, ground, broiled | 3 ounces | 2.7 | prunes | 1/2 cup cooked | 2.3 |
| beef, pot roast | 3 ounces | 2.9 | raisins | 1/4 cup | 1.5 |
| beefsteak, broiled | 3 ounces | 2.5 | rhubarb | 1/2 cup cooked | 0.8 |
| bran flakes, 40% | 1 cup | 12.3 | rice, enriched | 1 cup cooked | 1.8 |
| Braunswieger | 2 slices | 1.2 | sardines, canned | 3 ounces | 2.5 |
| bread, whole wheat | 1 slice | 0.8 | sauerkraut | 1 cup | 1.2 |
| brussels sprouts | 1/2 cup cooked | 0.9 | Shredded Wheat | 1 biscuit | 0.9 |
| chicken, broiled | 3 ounces | 1.4 | shrimp | 3 ounces | 2.6 |
| chocolate, semi-sweet | 1 cup pieces | 4.4 | spinach | 1/2 cup cooked | 2.0 |
| clams, canned | 3 ounces | 3.5 | strawberries | 1 cup | 1.5 |
| dates, pitted | 1/4 cup | 1.3 | sugar, brown | 2 Tablespoons | 0.9 |
| egg | 1 large | 1.1 | tomato | 1 large | 0.9 |
| fruit cocktail | 1 cup | 1.0 | tomato juice | 1 cup | 2.2 |
| ham, boiled | 3 ounces | 2.4 | tuna, canned | 3 ounces | 1.6 |
| lamb, roast | 3 ounces | 1.4 | veal, roast | 3 ounces | 2.9 |
| lettuce, boston | 1/4 head | 1.1 | walnuts | 1/4 cup | 1.9 |
| liver, beef, fried | 3 ounces | 7.5 | | | |