



## Iron in Common Foods

Food	Measure/Weight	Iron(mg.)
almonds	¼ cup	1.7
apple juice	1 cup	1.5
applesauce, no sugar	1 cup	1.2
apricots, dried	¼ cup	2.1
asparagus, canned	½ cup	2.0
avocado	½ medium	0.8
banana	1 medium	0.8
beans, lima, dried	½ cup cooked	3.0
beans, lima, green	½ cup cooked	2.2
beans, navy, dried	½ cup cooked	2.6
beans, red kidney, dried	½ cup cooked	2.3
beef, ground, broiled	3 ounces	2.7
beef, pot roast	3 ounces	2.9
beefsteak, broiled	3 ounces	2.5
bran flakes, 40%	1 cup	12.3
braunschweiger	2 slices	1.2
bread, whole wheat	1 slice	0.8
brussels sprouts	½ cup cooked	0.9
chicken, broiled	3 ounces	1.4
chocolate, semi-sweet	1 cup pieces	4.4
clams, canned	3 ounces	3.5
dates, pitted	¼ cup	1.3
egg	1 large	1.1
fruit cocktail	1 cup	1.0
ham, broiled	3 ounces	2.4
lamb, roast	3 ounces	1.4
lettuce, boston	¼ head	1.1
liver, beef, fried	3 ounces	7.5

Food	Measure/Weight	Iron(mg.)
macaroni, enriched	1 cup cooked	1.4
molasses, light	2 Tablespoons	1.8
oatmeal	1 cup cooked	1.4
oysters	½ cup	6.6
peanuts	¼ cup	0.8
peas, green, canned	½ cup	2.1
peas, split, green	½ cup cooked	2.1
plums, canned	1 cup	2.2
pork, roast	3 ounces	2.7
potato, sweet, baked	1 medium	1.0
prune juice	½ cup	5.3
prunes	½ cup cooked	2.3
raisins	¼ cup	1.5
rhubarb	½ cup cooked	0.8
rice, enriched	1 cup cooked	1.8
sardines, canned	3 ounces	2.5
sauerkraut	1 cup	1.2
shredded wheat	1 biscuit	0.9
shrimp	3 ounces	2.6
spinach	½ cup cooked	2.0
strawberries	1 cup	1.5
sugar, brown	2 Tablespoons	0.9
tomato	1 large	0.9
tomato juice	1 cup	2.2
tuna, canned	3 ounces	1.6
veal, roast	3 ounces	2.9
walnuts	¼ cup	1.9