

Foods high in iron

Food (Serving Size)	Iron (mg)
Lamb liver, grilled (100g)	11.0
Lentils, cooked (198g, 1 cup)	6.6
Beans, white, cooked (170g, 1 cup)	6.6
Spinach, cooked (225g, 1 cup)	6.4
Breakfast cereals, iron fortified (30g, 1 cup)	1 – 5
Oyster, Pacific, aquacultured, raw (100g)	4.4
Kangaroo, loin fillet, grilled (100g)	4.1
Lamb, lean, cooked (100g)	3.7
Oats, rolled, uncooked (100g, 1 cup)	3.5
Beef, steak, lean, cooked (100g)	3.3
Sardines, canned in oil (110g, 1 tin)	3.2
Apricots, dried (100g, ½ cup)	3.1
Pumpkin seed, hulled, dried (30g, ¼ cup)	3.0
Tofu, firm, raw (100g)	2.9
Quinoa, cooked (185g, 1 cup)	2.8
Chinese cabbage, pak-choi, shredded, boiled (170g, 1 cup)	1.8
Chickpeas, canned, drained (100g)	1.8
Potato, with skin, baked (1 medium)	1.8
Cashew nuts, roasted or raw (30g, ¼ cup)	1.5
Tuna, canned in brine (95g, 1 tin)	1.1
Eggs, hard-boiled (1 large)	1.1
Asparagus, green, raw (100g, ¾ cup)	1.0
Broccoli, cooked (156g, 1 cup)	1.0
Chicken thigh, lean flesh, cooked (100g)	0.9

* Non-haem iron (from plants such as legumes & whole grains) contain phytates that inhibit iron absorption. Other inhibitors include coffee, black tea, soy protein and calcium. Vitamin C enhances non-haem iron absorption.

* Haem iron (from animals) is absorbed by the body about ten times more easily than non-haem iron.



More info & references: vital.ly/commons/iron-food-sources/

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