

Vegan sources of iron

Food (Serving Size)	Iron (mg)
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)	1.0–5.0
Oats, rolled, uncooked (100g, 1 cup)	3.5
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
Tomatoes, sundried (50g, 1 cup)	2.8
Tempeh (100g)	2.7
Sunflower seeds (50g, ½ cup)	2.3
Red kidney beans, canned, drained (100g, ½ cup)	2.1
Swiss chard, cooked, boiled (90g, ½ cup)	2.0
Chinese cabbage, pak-choi, shredded, boiled (170g, 1 cup)	1.8
Chickpeas, canned, drained (100g, ½ cup)	1.8
Cashew nuts, roasted or raw (30g, ¼ cup)	1.5
Potato, with skin, baked (1 medium)	1.8
Almonds, with skin, raw (30g, ¼ cup)	1.1
Asparagus, green, raw (100g, ¾ cup)	1.0
Broccoli, cooked (156g, 1 cup)	1.0
Chia seeds (10g, 1 tablespoon)	0.8
Hemp seeds, hulled (10g, 1 tablespoon)	0.8
Linseed or flaxseed (10g, 1 tablespoon)	0.6
Prunes (5 prunes)	0.4

* Plant-based sources of iron (non-haem iron) 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.



More info & references: vitality.commons/calcium-food-sources/

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