

Dietary Sources of Iron

Foods rich in iron include red meats, organ meats, shellfish, pumpkin seeds, sunflower seeds, whole grains, nuts, dried beans, and iron-fortified grain products. See table below for a detailed listing.

Daily Iron Requirements in Pregnancy	
<18 years old	27
19-30 years old	27
31-50 years old	27
Daily Iron Requirements during Lactation	
<18 years old	10
19-30 years old	9
31-50 years old	9

Iron Content of Food	
Clams, 3.5 oz., steamed	22.0
Oysters 3.5 oz., steamed	8.5
Chicken liver, 3.5 oz., cooked	8.5
Pumpkin seeds, 1 cup roasted	8.5
Tofu, ½ cup	6.7
Beef liver, 3.5 oz. cooked	6.3
Pistachios, ½ cup	4.4
Blackstrap molasses, 2 tbsp.	3.6
Beef roast, 3.5 oz., cooked	3.5
Ground beef, 3 oz. cooked	2.2
Lamb, 3.5 oz., cooked	2.2
Unsweetened chocolate, 1 oz.	1.8
Raisins, ½ cup	1.75
Pinto beans, ½ cup	1.75
Sunflower seeds, ½ cup	1.7
Sweet potatoes, canned, ½ cup	1.7
Pasta, 1 cup cooked	1.7
Pumpkin, ½ cup, cooked	1.7
Baked potato with skin, 1 cup	1.7
Turkey, white meat, 3.5 oz.	1.6
Oatmeal, 1 cup cooked	1.6
Spinach, ½ cup, cooked	1.4
Tomato juice, 1 cup	1.4
Canned tuna, 3.5 oz.	1.3
Green peas, ½ cup, cooked	1.3