



WHAT FOODS PROVIDE IRON?

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There are two forms of dietary iron: **heme** and **nonheme**. Heme iron is derived from hemoglobin, the protein in red blood cells that delivers oxygen to cells. Heme iron is found in animal foods that originally contained hemoglobin, such as red meats, fish, and poultry. Iron in plant foods such as lentils and beans is arranged in a chemical structure called nonheme iron. This is the form of iron added to iron-enriched and iron-fortified foods. Heme iron is absorbed better than nonheme iron, but most dietary iron is nonheme iron. A variety of heme and nonheme sources of iron are listed below.

<u>Selected Food Sources of HEME Iron</u>	<u>Serving</u>	<u>Milligrams</u>	<u>Selected Food Sources of NONHEME Iron</u>	<u>Serving</u>	<u>Milligrams</u>
Chicken liver, cooked	3½ oz.	12.8	Ready-to-eat cereal, 100% iron fortified	¾ cup	18.0
Oysters, breaded and fried	6 pieces	4.5	Oatmeal, instant, fortified, prepared with water	1 cup	8.8
Beef, chuck, lean only, braised	3 oz.	3.2	Soybeans, mature, boiled	1 cup	8.8
Clams, breaded, fried	¾ cup	3.0	Lentils, boiled	1 cup	6.6
Beef, tenderloin, roasted	3 oz.	3.0	Beans, kidney, mature, boiled	1 cup	5.2
Turkey, dark meat, roasted	3½ oz.	2.3	Beans, lima, large, mature, boiled	1 cup	4.5
Beef, eye of round, roasted	3 oz.	2.2	Beans, navy, mature, boiled	1 cup	4.5
Turkey, light meat, roasted	3½ oz.	1.6	Ready-to-eat cereal, 25% iron fortified	¾ cup	4.5
Chicken, leg, meat only, roasted	3½ oz.	1.3	Beans, black, mature, boiled	1 cup	3.6
Tuna, fresh bluefin, cooked, dry heat	3 oz.	1.1	Beans, pinto, mature, boiled	1 cup	3.6
Chicken, breast, roasted	3 oz.	1.1	Molasses, black strap	1 TBS	3.5
Halibut, cooked, dry heat	3 oz.	0.9	Tofu, raw, firm	½ cup	3.4
Crab, blue crab, cooked, moist heat	3 oz.	0.8	Spinach, boiled, drained	½ cup	3.2
Pork, loin, broiled	3 oz.	0.8	Spinach, canned, drained solids	½ cup	2.5
Tuna, white, canned in water	3 oz.	0.8	Black-eyed peas (cowpeas), boiled	1 cup	1.8
Shrimp, mixed species, cooked, moist heat	4 large	0.7	Spinach, frozen, chopped, boiled	½ cup	1.9
			Grits, white, enriched, quick, prepared with water	1 cup	1.5
			Raisins, seedless, packed	½ cup	1.5
			Whole wheat bread	1 slice	0.9
			White bread, enriched	1 slice	0.9

The above is provided for information purposes only. Weight★No★MoreSM Diet Center is not responsible for clients who make food selections that do not comply with medical conditions or prescribed protocols or medications. Always consult with your physician.

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