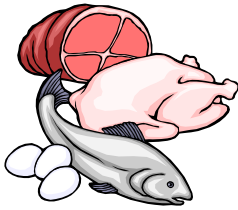


Food Sources Rich in Iron

Food Item	Amount	Iron (mg)
Clams, canned, drained	2 oz	15.9
Kellogg's Special K cereal	1 cup	8.5
Grape Nuts	1/2 cup	8.1
Cheerios	3/4 cup	6.1
Cream of Wheat (instant)	1/2 cup	6
Raw oysters	6 med	5.6
Hamburger	4 oz	4.9
Carnation Instant Breakfast	1 packet	4.6
Pizza w/meat, vegetables, thick crust	1 slice	4
Lentils	1/2 cup	3.3
Spinach	1/2 cup	3.2
Potato, baked	1 med	3
Beef steak, lean	3 oz	2.9
Kidney beans	1/2 cup	2.6
Shrimp	3 oz	2.6
Spaghetti w/tomato sauce	1 cup	2.5
Oatbran muffin	1	2.4
Turkey, dark meat, cooked	3 oz	2
Hummus	1/2 cup	1.9
Macaroni	1 cup	1.8
Pumpkin, canned	1/2 cup	1.7
Eggs, scrambled	1	1.4
Mushrooms, cooked	1/2 cup	1.4
Tofu, raw, firm	3 oz	1.2
French toast	1 slice	1.1
Whole wheat bread	1 slice	1.1
Green peas	1/2 cup	1
Figs, dried	4 med	0.7



Iron

- Iron is an essential mineral in the human body. It is found in hemoglobin, which transports oxygen from one tissue to another in the blood. When the iron level is low, the amount of available oxygen declines, thus limiting energy production. Tiredness and fatigue, therefore, are common symptoms of iron deficiency.
- Consumption of iron-containing foods is crucial for maintaining iron stores in the body. There are two types of iron in foods: heme and non-heme. The body absorbs heme iron much easier than non-heme iron. Meat and seafood products provide heme iron; plant products supply non-heme iron.

Tips to Boost Dietary Iron

- Consume a variety of foods to meet daily iron requirement.
- Eat more heme iron foods such as eggs, red meat, poultry, and fish.
- Enhance non-heme iron absorption by adding foods rich in Vitamin C or heme iron to the same meal. Good sources of Vitamin C are broccoli, tomato, cabbage, potato, green or red pepper, melons and any citrus fruits.

Recommended Intakes for Iron

Females	Amount	Males	Amount
11-50 yrs	15 mg	19+ yrs	10 mg
51+ yrs	10 mg		