

Iron

Iron is a mineral that your body needs on a daily basis. The main role of iron is to carry oxygen in the blood. It is also involved in brain function and can affect learning and motor skills. Your body absorbs iron in different ways, depending on how you consume it. Your body absorbs heme (animal) iron very well. Non-heme (plant) iron is not as well absorbed as animal iron, but can be better absorbed when you eat foods high with vitamin C. Bell peppers, kale, broccoli, strawberries, and citrus fruits (oranges, grapefruit, limes, and lemons) are great sources of vitamin C. The chart below lists foods with high amounts of iron per serving. Each section has the foods with the highest amount of iron listed first.

Selected Food Sources of Animal Iron		
<u>Food</u>	<u>Serving Size</u>	<u>Amount of Iron (mg)</u>
Clams, canned, drained	3 oz	23.8
Oysters, eastern, wild, cooked, moist heat	3 oz	10.2
Organ meats (liver, giblets), various, cooked	3 oz	5.2-9.9
Beef, chuck, lean, cooked 3 ounces	3 oz	3.2
Beef, tenderloin, roasted, 3 ounces	3 oz	3.0
Sardines, canned in oil, drained	3 oz	2.5
Duck, meat only, roasted	3 oz	2.3
Lamb, ¼ “ fat, cooked	3 oz	2.3
Shrimp, canned	3 oz	2.3
Turkey, dark meat, roasted, 3 ounces	3 oz	2.0
Beef, eye of round, roasted, 3 ounces	3 oz	1.7
Turkey, light meat, roasted, 3 ounces	3 oz	1.2
Tuna, fresh bluefin, cooked, dry heat, 3 ounces	3 oz	1.1
Chicken, leg, meat only, roasted, 3 ounces	3 oz	1.1
Crab, blue crab, flaked & pieces, cooked, moist heat, 1 cup	1 cup	1.1
Chicken, breast, roasted, 3 ounces	3 oz	1.0
Selected Food Sources of Plant Iron (Absorbed Better with Vitamin C)		
<u>Food</u>	<u>Serving Size</u>	<u>Amount of Iron (mg)</u>
Ready-to-eat cereal, 100% iron fortified	¾ cup	18.0
Ready-to-eat cereal, 50% iron fortified	¾ cup	9.0
Soybeans, mature, cooked, boiled	1 cup	8.0
Pumpkin seeds, roasted	1 oz	4.2
White beans, canned	½ cup	3.9
Lentils, cooked, boiled	1 cup	6.0
Grits, white, enriched, instant	1 packet prepared	5.4
Oatmeal, instant, fortified	½ cup	4.1
Kidney beans, cooked, boiled	1 cup	5.2
Pinto beans, cooked, boiled	1 cup	4.6
Lima beans, cooked, boiled	1 cup	4.2
Navy beans, cooked, boiled	1 cup	3.8
Black beans, cooked, boiled	1 cup	3.6
Spinach, cooked, boiled, drained	½ cup	3.2
Spinach, canned, drained solids	½ cup	2.5
Tofu, firm	½ cup	1.8

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.