

# Iron Content of Foods

Protein		BREADS AND CEREALS		FRUITS AND VEGETABLES	
IRON MG		IRON MG		IRON MG	
10	Oysters, 3 large	18	Most, Product 19 Total, 3/4 cup	4 1/2	Prune juice, 1/2 cup
5	Liver, beef, cooked, 2 oz.	8	Bucweats, Kix, 3/4 cup	3	Watermelon, 1 slice
	Beans, 1 cup cooked	8	Cream of Wheat, Malt-O-Meal Wheatheart, cooked, 1/2 cup	2	Prunes, 1/2 cup cooked
5	Red, kidney, pinto	6 1/2	Iron-fortified, infant cereals, 4 Tbsp., dry	2	*Spinach, 1/2 cup cooked
4	Black-eyed peas	4 1/2	All Bran, Bran Chex, Life 40% Bran Flakes, Wheat Chex, Cheerios, Grapenut Flakes, Raisin Bran, Special K, Wheaties, 3/4 cup	2	Greens, 1/2 cup cooked
3	Lentils			1 1/2	Dates, 5 medium
3	Chili con carne with beans, 1 cup	2 1/2	100% Bran, 3/4 cup	1 1/2	Peas, 1/2 cup cooked
2 1/2	Pork, cooked, 2 oz.	2	Rice Chex, Rice Krispies, Corn Flakes, 3/4 cup	1	Raisins, 1/4 cup
2	Beef, cooked, 2 oz.	1	Flour Tortillas, 1 average	1	Apple juice, 1/2 cup
2	Eggs, 2	1/2-1	Rice, brown or enriched white, cooked, 1/2 cup	1	Banana, 1 medium
2	Peanut butter, 4 Tablespoons	1/2	Wheatena, Oatmeal cooked, 1/2 cup	1	*Broccoli, 1 stalk or 1/2 cup
2	Soup, split pea or bean with pork, 1 cup	1/2	Corn Tortillas, small 6"	1	Green beans, 1/2 cup cooked
2	Tofu, 1/4 cup			1	*Potato, sweet or white baked, 1 medium
1	Poultry, cooked, 2 oz.			1	*Strawberries 3/4 cup
1	Tuna 1/4 cup			1/2	*Tomato, 1 medium raw
1	Hot dog, 2 average cooked			1/2	*Tomato juice, 1/2 cup
1	Peanuts, 2 Tablespoons			1/2	Apple, 1 medium
				1/2	*Cantaloupe, honeydew, 1/4 melon
				1/2	*Orange, 1 medium
				1/2	*Orange juice, 1/2 cup
				1/2	Corn, 1/2 cup
				1/2	Carrots 1/2 cup

## MILK AND MILK PRODUCTS

Contain very little iron	Milk Cheese Cottage Cheese Yogurt Ice Cream
-----------------------------------	---

### Recommended Daily Allowances:

Age	Iron(mg day)	Age	Iron(mg day)
1 - 3	15	Breastfeeding	18
4 -10	10	Pregnant	18
11-50 (Female)	18	11-18 (Male)	18
Over 50 (Female)	10	Over 18 (Male)	10

### What is Iron?

Iron is a mineral found in foods. It is an important part of your red blood cells and is needed to carry oxygen to all parts of your body.

### Why do I need Iron?

You need iron to prevent iron-deficiency anemia. Anemia makes you feel tired and irritable. It can lead to pale skin, headaches, poor appetite, and frequent illness.

### How much Iron is needed daily?

#### Infants:

Healthy infants are born with iron stores to last about four months. During this time breast milk or iron-fortified infant formula is the only food recommended for infants. By six months of age infants need additional food sources of iron. Iron fortified infant cereal meets this increased requirement.