

High Iron Foods

Your hemoglobin and hematocrit are measures of the amount of iron in your blood. If these are low, it is important that you increase your intake of iron. The recommended daily allowance is 15 mg. Eat as many foods from the following groups as often as you can.

PROTEIN FOODS		IRON CONTENT	BREADS/CEREALS		IRON CONTENT
Liver	3 oz. Beef	7.45 mg	Bran flakes/raisins	1 c.	17.7 mg
	3 oz. Chicken	6.5 mg	40% Bran Flakes	1 c.	12.4 mg
	3 oz. Pork	24.7 mg	Farina, enriched	½ c.	8.0 mg
Kidney	2 oz. Beef	4.7 mg	All bran	½ c.	2.9 mg
Beef	3 oz.	3.1 mg	Yeast, compressed	1 oz.	1.5 mg
Clams	2 oz.	4.25 mg	Dried (Brewers)	2T.	2.7
Heart	2 oz. Beef	2.8 mg	Shredded Wheat	½ c.	0.9 mg
Turkey	2 oz.	2.3 mg	Oatmeal	½ c.	0.7 mg
Lentils, dry	½ c.	2.2 mg	Bread, whole Wheat	1 slice	0.6 mg
Beans, dried	½ c.	2.1 mg.	Rye, whole wheat	1 T.	0.6 mg
	Cooked				
Soybeans	2T.	2.0 mg	Wheat Flakes	½ c.	0.5 mg
Shrimp	2 oz.	1.9 mg	Cornmeal, cooked	½ c.	0.4 mg
Pork Loin	2 oz.	1.8 mg	Flour, all purpose	2 T.	0.4 mg
Egg, Yolk	1	1.4 mg	Rice, brown, cooked	½ c.	0.3 mg
Nuts (unsalted)	12 avg.	0.3 – 0.8 mg			
FRUITS/VEGETABLES		IRON CONTENT	OTHER		IRON CONTENT
Dandelion greens	½ c.	2.3 mg	Chocolate, bitter	1sq.	1.3 mg
Beet greens	½ c.	2.4 mg	Plain sweetened	1sq.	0.8 mg
Chard	½ c.	1.9 mg	Cocoa	1T.	0.8 mg
Kale	¾ c.	1.9 mg	Molasses, light	1T.	0.9 mg
Peaches, dried	3 halves	1.9 mg	Coconut, fresh	½ oz.	0.3 mg
Turnip greens	½ c.	1.8 mg	Dried	2T.	0.5 mg
Raisins	5T.	1.7 mg	Popcorn (unsalted)	1c.	0.4 mg
Apricots, dried	5 halves	1.5 mg			
Spinach	½ c.	1.5 mg			
Peas, dry, cooked	½ c.	1.4 mg			
Prunes, dried	4	1.2 mg			
Figs	2	0.9 mg			
Dates	3 – 4	0.6 mg			

Vitamin C helps your body use iron – Be sure you are getting one fruit or vegetable that contains Vitamin C every day. This will help your body utilize the Iron you eat. The Folacin and Vitamin C from greens are more readily absorbed if cooked and eaten with meat, poultry or fish.

Iron pills – If your iron level is too low (anemia), your provider may suggest iron pills. It is not unusual for your stools to become black or to become constipated while taking iron pills. To prevent this, you should increase fresh fruits, vegetables, fiber (bran), and liquids in your diet. Your provider may suggest a “bulk producing” substance (such as Metamucil) or a Stool softener (such as Colace) if your constipation is not relieved by diet alone.