



IRON RICH FOODS

| Food | Amount | Iron Content (mg) |
|------------------------------------|--------------------|-------------------|
| Meat Sources | | |
| Liver (Chicken/Beef) ** | 100g | 8.8 |
| Beef (cooked) | 100g | 5.5 |
| Turkey Meat | 100g | 4.8 |
| Lamb (1/4" cooked) | 100g | 1.9 |
| Veal (ground, broiled) | 100g | 1.0 |
| Pork | 100g | 0.8 |
| Chicken (cooked) | 100g | 0.8 |
| Egg (Yolk) | one | 1.0 |
| Fish Sources | | |
| Oysters (cooked) | 100g | 8.5 |
| Sardines | 100g | 4.0 |
| Mackerel | 100g | 1.4 |
| Salmon | 100g | 1.3 |
| Tuna Fish (in oil) | 100g | 1.2 |
| Herring | 100g | 1.1 |
| Vegetable Sources | | |
| Spinach | 100g | 2.7 |
| Kale | 100g | 1.5 |
| Rocket Leaves | 100g | 1.5 |
| Broccoli | 100g | 0.7 |
| Lettuce | 100g | 0.4 |
| Fruit Sources | | |
| Watermelon | 6" x 1/2" slice | 3.0 |
| Dried Apricots | 100g | 2.7 |
| Raisins | 100g | 1.9 |
| Dates | 100g | 1.0 |
| Dried Prunes (uncooked) | 100g | 0.9 |
| Strawberries | 100g | 0.4 |
| Figs | 100g | 0.3 |
| Cereals and Cereal Products | | |
| Special K, Bran flakes | 30g | 6.5 |
| Oats | 100g | 4.7 |
| All Bran | 35-40g | 3.0 |
| Fortified Cereals | 30-40g | 2.0 |
| Pasta | 240g (cooked) | 2.0 |
| Bread (White/Brown) | 1 medium slice | 1.0 |
| Pulses and Seeds | | |
| Pumpkin Seeds (dried) | 100g | 8.8 |
| Pumpkin Seeds (roasted) | 100g | 8.1 |
| Chick Peas | 100g | 6.2 |
| Lentils (boiled) | 100g | 3.3 |
| Baked Beans | 100g | 2.0 |
| Green Peas | 100g | 1.5 |
| Nuts | | |
| Cashews (oil roasted) | 100g | 6.1 |
| Hazel nuts | 100g | 4.7 |
| Almonds (dry roasted) | 100g | 3.8 |
| Walnuts | 100g | 2.9 |
| Peanuts (dry roasted) | 100g | 2.3 |
| Peanut butter | 20g thickly spread | 0.5 |

****AVOID IF YOU ARE PREGNANT OR PLANNING A PREGNANCY**



Additional information about iron...

Daily Iron Requirements

| Age (years) | Males | Females |
|--------------------|--------------|----------------|
| 15 – 18 | 11mg | 15mg |
| 19 – 50 | 9mg | 15mg |
| 50+ | 9mg | 9mg |

- Iron is best absorbed on an empty stomach.
- Ascorbic Acid (Vitamin C) enhances iron absorption – this is found mainly in citrus fruit.
- Avoid drinking or eating milk and milk products with iron-rich foods.
- Tannins- reduce iron absorption – these are found in tea and coffee -.
 - Wait 30 minutes before and after a meal before drinking tea or coffee.
- Drugs decreasing iron absorption: Antacids, Calcium, Thyroid Hormones, Oral Bisphosphonates.

“0.5mg of iron are lost with every 1ml of blood donated...”