

Foods High in Iron

Food	Milligrams per serving
Chicken liver, cooked, 3 1/2 ounces	12.8
Beef, chuck, lean only, braised, 3 ounces	3.2
Beef, tenderloin, roasted, 3 ounces	3.0
Turkey, dark meat, roasted, 3 1/2 ounces	2.3
Beef, eye of round, roasted, 3 ounces	2.2
Turkey, light meat, roasted, 3 1/2 ounces	1.6
Chicken, leg, meat only, roasted, 3 1/2 ounces	1.3
Chicken, breast, roasted, 3 ounces	1.1
Halibut, cooked, dry heat, 3 ounces	0.9
Pork, loin, broiled, 3 ounces	0.8
Tuna, white, canned in water, 3 ounces	0.8
Shrimp, mixed species, cooked, moist heat, 4 large	0.7
Ready-to-eat cereal, 100% iron fortified, 3/4 cup	18.0
Oatmeal, instant, fortified, prepared with water, 1 cup	10.0
Soybeans, mature, boiled, 1 cup	8.8
Lentils, boiled, 1 cup	6.6
Beans, kidney, mature, boiled, 1 cup	5.2
Beans, lima, large, mature, boiled, 1 cup	4.5
Beans, navy, mature, boiled, 1 cup	4.5
Ready-to-eat cereal, 25% iron fortified, 3/4 cup	4.5
Beans, pinto, mature, boiled, 1 cup	3.6
Molasses, blackstrap, 1 tablespoon	3.5
Tofu, raw, firm, 1/2 cup	3.4
Spinach, boiled, drained, 1/2 cup	3.2
Black-eyed peas (cowpeas), boiled, 1 cup	1.8
Raisins, seedless, packed, 1/2 cup	1.5
Whole wheat bread, 1 slice	0.9
White bread, enriched, 1 slice	0.9