

## Iron Rich Foods

| Foods                         | Amount           | Iron (mg) | Calories |
|-------------------------------|------------------|-----------|----------|
| Asparagus, Cooked             | 1/2 c.           | 0.5       | 20       |
| Beans, Great Northern, Cooked | 1/2 c.           | 2         | 110      |
| Green Peas, Frozen            | 1/2 c.           | 1.5       | 75       |
| Beans, Pinto                  | 1/2 c.           | 2         | 110      |
| Broccoli, Cooked              | 1/2 c.           | 0.6       | 20       |
| Spinach, Cooked               | 1/2 c.           | 2         | 20       |
| Split Peas, Cooked            | 1/2 c.           | 1.7       | 115      |
| Green Beans, Cooked           | 1/2 c.           | 0.4       | 15       |
| Potato                        | 1 medium         | 1         | 120      |
| Apricots, Dried, Uncooked     | 5 halves, medium | 1         | 50       |
| Prune Juice                   | 1/2 c.           | 5         | 100      |
| Prunes, Large                 | 5                | 2         | 130      |
| Raisins                       | 1 oz. (3T)       | 1         | 80       |
| Eggs                          | 1 whole, medium  | 1         | 75       |
| Beef, Lean                    | 3 oz.            | 3         | 225      |
| Fish                          | 3 oz.            | 1         | 135      |
| Ham                           | 3 oz.            | 2         | 300      |
| Liver, Calf                   | 3 oz.            | 12        | 225      |
| Chicken                       | 3 oz.            | 1         | 160      |
| Turkey                        | 3 oz.            | 2         | 170      |
| Pork                          | 2 oz.            | 3         | 225      |
| English Muffin                | 1                | 1.1       | 160      |
| Bread, Whole Grain            | 1                | 0.8       | 80       |
| Cereals:                      |                  |           |          |
| Most                          | 2.3 c.           | 18        | 95       |
| Product 19                    | 1 c.             | 18        | 110      |
| Total                         | 1 c.             | 18        | 110      |
| King Vitamin                  | 1 1/4 c.         | 17.2      | 115      |
| Kellogg's Branflakes          | 2/3 c.           | 18        | 90       |
| Kellogg's Raisin Bran         | 3/4 c.           | 18        | 120      |
| Buc Wheat                     | 3/4 c.           | 8         | 108      |
| Corn Bran                     | 2/3 c.           | 9.5       | 120      |