

Dietary sources of iron

Food	Approximate measure	Iron (mg)
High iron sources		
Cream of Wheat (quick or instant)*	1/2 cup	7.8
Kidney, beef [¶]	2 oz (60 g)	5.3
Liver, beef [¶]	2 oz (60 g)	5.8
Liver, calf [¶]	2 oz (60 g)	9
Liver, chicken [¶]	2 oz (60 g)	6
Liverwurst [¶]	2 oz (60 g)	3.6
Prune juice	1/2 cup	5.1
Spinach	1/2 cup	3.2
Moderate iron sources		
All-Bran cereal	1/2 cup	2.9
Almonds, dried unblanched	1/2 cup	3
Dried beans and peas		
Baked beans, no pork	1/4 cup	1.5
Blackeye peas, cooked	1/4 cup	0.8
Chick peas, dry	1/4 cup	3.5
Great northern beans, cooked	1/4 cup	1.3
Green peas, cooked	1/4 cup	1.4
Lentils, dry	1/4 cup	3.4
Lima beans, cooked	1/4 cup	1.3
Navy beans, cooked	1/4 cup	1.3
Red beans, dry	1/4 cup	3.5
Soybeans, cooked	1/4 cup	1.4
White beans, dry	1/4 cup	3.9
Beef, cooked	2 oz (60 g)	2-3 ^Δ
Ham, cooked	2 oz (60 g)	1.3
Lamb, cooked	2 oz (60 g)	1.9
Peaches, dried	1/4 cup	2.4
Peanuts, roasted without skins	3 1/2 oz (100 g)	3.2
Pork, cooked	2 oz (60 g)	2-3 [◇]
Prunes, dried	2 large	1.1

Scallops	2 oz (60 g)	1.6
Turkey, cooked	2 oz (60 g)	1.7
Approximate iron content of children's favorite foods		
Hamburger, small	1	3
Large	1	5.2
Big Mac	1	4.3
Quarter Pounder	1	5.1
Spaghetti with meatballs	1 cup	3.3
Frankfurter and beans	1 cup	4.8
Pork and beans	1 cup	5.9
Raisins [§]	5/8 cup	3.5
Cereals, fortified	1 serving	4.5-17.8
Nuts [§]	1 cup	5-7
Seeds, sunflower [§]	3 1/2 oz (100 g)	7.1
Chile con carne	1 cup	3.6
Beef burrito or tostado	1 medium	3.4-4.6
Cheese pizza	2 slices	3
Cheese pizza with beef	2 slices	4.8
White bread	1 piece	0.7

* Or other fortified cereals which contain 10 mg of iron per ounce or 100 percent RDA per serving.

¶ As organ meats are generally high in cholesterol, these iron-rich foods should be eaten in moderation.

Δ Depending on cut, the greatest amounts of iron are generally found in the chuck, flank, and bottom round cuts of beef.

◇ Depending on cut, the greatest amounts of iron are generally found in the loin, sirloin, tenderloin, and picnic shoulder cuts of pork.

§ Raisins, nuts, and seeds are not generally recommended for children under age three because of risk of choking.

Data from: Walker WA, Watkins JB (Eds), Nutrition in Pediatrics, 2nd ed, BC Decker, Inc, London 1997.

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