

SOURCES OF IRON

Excellent Source of Food

Milligrams

Molasses, blackstrap – 5 tablespoons	16.0
40% Bran Flakes with Raisins – 1 cup	13.5
Syrup, sorghum – 5 tablespoons	13.0
40% Bran Flakes – 1 cup	12.3
Prune Juice	5.3
Beef Heart, braised – 3 oz	5.0
Peaches, dried, uncooked – ½ cup	4.8
Pork and Beans – 1 cup	4.6
Chili Con Carne, canned – 1 cup	4.2
Apricots, dried, uncooked – ½ cup	4.1
Beef Potpie, 4 ¼" diameter (8 oz)	4.1
Walnuts, black or native, chopped – ½ cup	3.8
Spaghetti with meatballs, home recipe - 1 cup	3.7
Corned Beef, canned – 3 oz	3.7
Almonds, shelled – ½ cup	3.4
Pecan Pie – 1/7 of a 9" pie	3.3
Spaghetti with tomato and cheese, home recipe – 1 cup	3.3
Lean Ground Beef – 3 oz	3.0
Lima Beans, cooked and drained – ½ cup	3.0
Raisins – ½ cup	2.9
Beef Stew – 1 cup	2.8
Lean Beef, cooked – 2 ½ oz	2.7
Roast Pork – 3 oz	2.7
Veal Cutlet, cooked – 3 oz	2.7
Dates, pitted, cut – ½ cup	2.7
Shrimp, canned, meat only – 3 oz	2.6
Sardines, drained – 3 oz	2.5

GOOD Source of Food

Milligrams

Kidney Beans, canned – ½ cup	2.3
Prunes, dried, cooked – ½ cup	2.3
Prunes, dried, uncooked – 8 whole	2.2
Ham – 3 oz	2.2
Lean Steak, broiled – 2 oz	2.2
Pork Chops, cooked – 3 ½ oz	2.2
Semi-sweet Chocolate Pieces – ½ cup	2.2
Lima Beans, immature, cooked and drained – ½ cup	2.1
Watermelon, wedge 4" by 8"	2.1
Asparagus, canned – ½ cup	2.0
Spinach, cooked – ½ cup	2.0