

## IRON

Pregnant women are more likely to have an iron deficiency. They need 30-60 mg of iron daily.

Below are many iron rich foods.

(Conversions: 250 ml = 1 cup; 15 ml = 1 tablespoon)

### Excellent Sources:

**Some Cereals** (read the nutrition labels) \*

**Clams** (steamed) 2.5 oz/21 mg

**Dried Herbs\***

**Heart** 3 oz/7 mg

**Kidney** 3 slices 7.2-11.8 mg

**Liver** 3 slices 7.2-13 mg

**Liverwurst** 3oz/4-6 mg

**Mussels** 2.5 oz/5 mg

**Oysters** 2.5 oz/6.4 mg

**Prune Juice** 250 ml/11.0 mg

**Pumpkin Seeds** 30 ml/5 mg

**Tofu** (firm) ¾ cup/2.4-8.0 mg

**Whole Grains** 100 gm/8mg or more

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### Good Sources:

**Amaranth** ¼ cup/3.71 mg

**Asparagus** 6 spears/2.0 mg

**Beef** 3 oz/2.4 mg

**Fish** 3 oz/2-3 mg

**Lamb** 3 oz/2.0 mg

**Potato** with skin 1 med sized/2.7 mg

**Sesame Butter/Tahini** 125 ml/4-5 mg

**Cocoa** in moderation

**Dark Molasses** 15 ml/5 mg

**Shrimp** 2.5 oz/2.3 mg

**Soy Milk** 250 ml/2.9 mg

**Soybeans** 125 ml/4.7 mg

**Spinach** (cooked) 250 ml/4 mg

**Dried Fruits** ½ cup/3-4 mg

**Dried Legumes/Peas\***

**Sun Dried Tomatoes** 250 ml/4.5 mg

**Turkey** 3 oz/2.0 mg

**Watermelon** 1 slice/3 mg

**Wheat Germ** 125 ml/4 mg

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### Fair Sources:

**Quinoa** 125 ml/1.7 mg

**Banana** 250 ml/1 mg

**Barley** 125 ml/1.1 mg

**Chicken** 3 oz/1.0 mg

**Brussels Sprouts** 125 ml/1 mg

**Corn Tortillas** 1/1 mg

**Egg Yolks** 1 egg/1 mg

**Enriched Bread, Pasta, & Cereal**

**Figs** 5 dried/2 mg

**Green Beans** (cooked) 125 ml/0.60 mg

**Greens** (beet, mustard, turnip, kale, & chard) 125 ml/2 mg

**Nuts** (varied) 30 ml/1-3 mg

**Oatmeal** 250 ml/1.1 mg

**Peanut Butter** 15 ml/0.3 mg

**Peas** 125 ml/1.3 mg

**Pickles** 1/0.53 mg

**Pork** 3 oz/1.0 mg

**Raisins** ¼ cup/0.7 mg

**Sesame Butter**

**Seaweed** 125 ml/1.7 mg

**Sunflower Seeds** 1/3 cup/1.5 mg

**Tomato Juice** ¾ cup/1.1 mg

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### \*Some Cereals:

**All Bran** 200 ml/4.3 mg

**Bran Flakes** (raisins) 200 ml/5.0 mg

**Corn** (puffed/presweetened) 200 ml/4.2 mg

**Farina** (Cream of Wheat) 125 ml/7.9 mg

**Oatmeal** (1 packet) 250 ml/6.3 mg

**Oats** (puffed, w/ & w/o corn) (e.g. Cheerios) 250 ml/9.2 mg

**Oats** (puffed) (e.g. Alphabets) 250 ml/6.2 mg

**Rice Krispies** 250 ml/2.3 mg

**Wheat Flakes** (e.g. Pep, Grapenuts) 200 ml/6.4 mg

**Wheat Puffed** (e.g. Sugar Crisp) 250 ml/6.3 mg

**Whole Wheat** (e.g. Shreddies) 250 ml/6.3mg

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**\*Dried Legumes/Peas (cooked & drained):**

**Black Eye** 250 ml/5.2mg

**Chickpeas** ¾ cup/2.4 mg

**Lentils** 250 ml/3.3 mg

**Lima Beans** 250 ml/4.6 mg

**Navy Beans** 250 ml/5mg

**Pinto Beans** 250 ml/4.4 mg

**Red Kidney Beans** 250 ml/4.3 mg

**Soy Beans** 250 ml/4.3 mg

**Split Peas** 250 ml/4.5 mg

**Dried herbs are high in iron and great to cook with.**

Thyme, Parsley, Spearmint, Marjoram, Cumin Seed, Dried Dill, Dried Oregano, Bay Leaf, Dried Coriander, Dried Basil, Ground Turmeric, Ground Savory, Anise Seed, Fenugreek Seed, Dried Tarragon, Dried Chervil, Dried Rosemary, and Black Pepper.

**Iron absorption is increased when foods high in ascorbic acid (Vitamin C) are eaten during the same meal with foods high in iron.**

**Food High in Vitamin C**

Broccoli

Brussels Sprouts

Cabbage

Cantaloupe

Cauliflower

Grapefruit

Bell Peppers

Greens (collard, mustard,

kale, beet, turnip, chard,

spinach)

Lemons

Mango

Oranges

Papaya

Pineapple

Potatoes

Radishes

Strawberries

Tangerines

Tomatoes

Watermelon