

IRON RICH FOODS

Recommended Daily Iron Intake

7-12 months	(mg)	11	Female (9-13 yrs. Old)	(mg)	8
1-3 yrs. old		7	(14-18 yrs. Old)		15
4-8 yrs. old		10	(19 – 50 yrs. Old)		18
Male (9-13 yrs. Old)		8	(Over 50 yrs. old)		8
(14-18 yrs. Old)		11	Pregnant women		27
(Over 18 yrs. Old)		8	Breastfeeding women		
			(18 yrs. Old and younger)		10
			(Over 18 yrs. Old)		9

Food	Serving size	Iron (mg)
Liver* (chicken and pork)	3 oz	7.2-15.2
Meats		
- beef, pork, lamb	3 oz	0.8-2.3
- chicken, turkey, duck	3 oz	1.1-2.3
Seafood		
- fish	3 oz	1
- shellfish	3 oz	
Iron fortified cereals	1 cup	8-18
Dried beans or legumes	½ cup cooked	2.5
Dried fruits such as raisins, prunes, apricots	¼ cup	1
Green leafy vegetables such as spinach, Chinese cabbage	½ cup cooked	3.2
Wood ear	1 oz	1.7

Your body needs Iron to make healthy red blood cells, which carry oxygen to different parts of the body.

Absorption of Iron from a meal can be improved by foods high in vitamin C, such as citrus fruits, strawberries, broccoli, and cauliflower.

Prevent Iron Deficiency Anemia by including foods rich in Iron and vitamin C in your diet!

*Limit intake due to high cholesterol content.