

Foods with High Content of Iron¹

Animal (Heme)

Food	Food Serving Guide	Iron (mg)
Beef, cooked	75 g	1.5-3
Shrimp, cooked	75 g	2
Sardines, cooked	75 g	2
Lamb, cooked	75 g	1.5-1.8
Chicken, cooked	75 g	1
Pork, cooked	75 g	0.5-1
Fish (such as salmon, trout, halibut, haddock, perch), cooked	75 g	0.5-1
Seal, cooked	75 g	13.5-21
Wild duck, cooked	75 g	7.5
Heart, kidney, cooked	75 g	4-9
Oysters, mussels, cooked	75 g	5-7
Blood pudding, cooked	75 g	5
Moose, cooked	75 g	4

Plant (Non-Heme)

Food	Food Serving Guide	Iron (mg)
Pumpkin seed kernels	60 mL	8.5
Tofu, medium or firm	150 g	2-7
Legumes (such as beans, lentils, chickpeas)	175 mL	2-6.5
Instant hot cereal (enriched with iron)	175 mL	3-6
Cold cereals (enriched with iron)	30 g	4
Vegetables (such as pumpkin, artichoke hearts, peas, potatoes, spinach)	125 mL	1-2
Nuts, peanuts, and sunflower seeds	60 mL	0.5-2
Pasta (enriched with iron)	125 mL	1-1.5
Prune juice	125 mL	1.5
Peanut butter and nut butters, such as almond butter	30 mL	0.5-1.5
Bread (enriched with iron)	1 slice	1

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¹ www.hc-sc.gc.ca/fn-an/pubs/nutrition/iron-fer-eng.php, November 8, 2016.

² Pharmacy Practice+ and Profession Santé 2018 / The Medical Post and Profession Santé 2018 - Survey on OTC Counselling and Recommendations

Foods with High Content of Iron

Vegetarians need almost twice the daily recommended amount of iron compared with non-vegetarians. Iron from plant-based foods is not absorbed as well by our bodies as animal food sources¹.

Common plant-based sources of iron

Grains	Buckwheat (Kottu) Pearl millet (Bajra) Sago (Sabudana) Barley Oats
Vegetables	Spinach Broccoli Kale Collard greens
Seeds	Pumpkin seeds Sesame seeds Chia seeds Hemp seeds Fenugreek seeds (Methi) Flax seeds (Alsi)
Nuts & Dried fruits	Dates Almonds Dried figs

Meat Alternatives²

Food	Food Serving Guide	Iron (mg)
Tofu, cooked	150 g (¾ cup)	2.4–8.0
Soybeans, mature, cooked	175 mL (¾ cup)	6.5
Lentils, cooked	175 mL (¾ cup)	4.1–4.9
Beans (white, kidney, navy, pinto, black, roman/cranberry, adzuki), cooked	175 mL (¾ cup)	2.6–4.9
Pumpkin or squash seeds, roasted	60 mL (¼ cup)	1.4–4.7
Peas (chickpeas/garbanzo, black-eyed, split), cooked	175 mL (¾ cup)	1.9–3.5
Tempeh/fermented soy product, cooked	150 g (¾ cup)	3.2
Meatless (sausage, chicken, meatballs, fish sticks), cooked	75 g (2.5 oz)	1.5–2.8
Baked beans, canned	175 mL (¾ cup)	2.2
Nuts (cashews, almonds, hazelnuts, macadamia, pistachio nuts), without shell	60 ml (¼ cup)	1.3–2.2
Eggs, cooked	2 large	1.2–1.8
Sesame seeds, roasted	15 mL (1 Tbsp)	1.4
Meatless, luncheon slices	75 g (2.5 oz)	1.4
Hummus	60 mL (¼ cup)	1.5
Almond butter	30 mL (2 Tbsp)	1.1

References

¹ <http://www.unlockfood.ca/en/Articles/Vegetarian-and-Vegan-Diets/What-You-Need-to-Know-About-a-Healthy-Vegetarian-E.aspx>. Accessed on July 26, 2018

² Canadian Nutrient File 2015 www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php