

HIGH IRON FOODS - ANIMAL SOURCES

100g beef, lean, raw weight



~2.1mg Iron

2 eggs



~1.68mg Iron

150g Atlantic salmon fillet, raw weight



~0.5mg Iron

100g white fish, raw weight



~0.32mg Iron

95g canned tuna in brine, drained



~0.81mg Iron

100g pink salmon, canned



~1.14mg Iron

100g lean turkey breast mince, raw weight



~0.4mg Iron

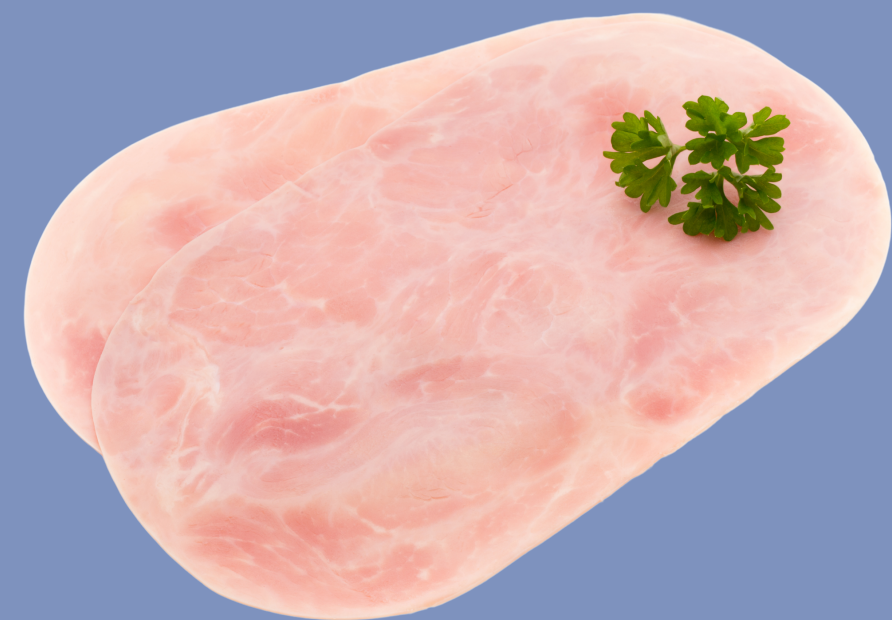
100g chicken breast, raw weight



~0.26mg Iron

HIGH IRON FOODS - ANIMAL SOURCES

100g veal, lean, raw
weight



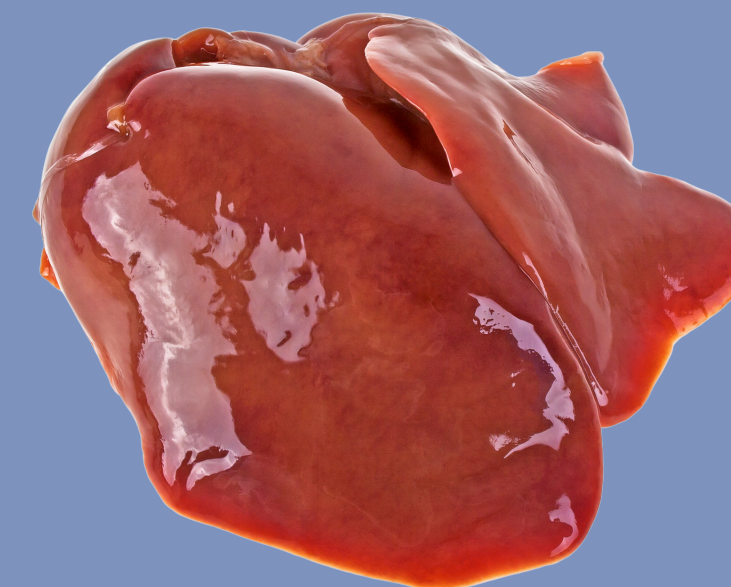
~1.4mg Iron

100g kangaroo, lean,
raw weight



~3.4mg Iron

50g chicken liver, raw
weight



~4.9mg Iron*

100g duck, lean, raw
weight



~2.8mg Iron

*Please note 50g of chicken liver is very high in Vitamin A. Larger serves may push you over the upper limit for daily Vitamin A intake. Vitamin A can be toxic in large doses.

NON-ANIMAL HIGH IRON FOODS

~200g canned red kidney beans



~4.38mg Iron

~200g canned chickpeas



~3.6mg Iron

100g hard tofu



~2.35mg Iron

5 dried apricot halves



~0.93mg Iron

1 cup Special K or 2/3 cup Just Right



~3mg Iron

2 weet bix



~3mg Iron

20g/1 heaped tbs milo



~4.4mg Iron

30g/20 almonds



~1.12mg Iron

NON-ANIMAL HIGH IRON FOODS

30g cashews



~1.5mg Iron

2 slices wholemeal bread



~1.26mg Iron

1/2 cup/60g rolled oats



~2.1mg Iron

20g baby spinach



~0.35mg Iron

1/4 cup/~45g raw weight quinoa



~1.65mg Iron

1 tbs/20g peanut butter



~0.34mg Iron

INFORMATION ABOUT IRON

The recommended daily intake of iron is 18mg for adult women and 8mg for adult men.

Animal sources of iron are better absorbed by the body than non-animal sources.

If all of your iron containing foods come from non-animal sources (vegans), then you require 80% more iron per day to account for the poor absorption (women 32.4mg/day, men 14.4mg/day).

Vitamin C improves the absorption of iron. Where possible, try to include a source of vitamin C with your iron containing food. High vitamin C foods include capsicum, tomatoes, lemon, kiwi fruit, oranges, orange juice, broccoli and strawberries.

Coffee and tea can inhibit the absorption of iron. It is best to consume these separately from meals containing iron.

