

How Much Iron Am I Getting?

In the list below, foods with the most iron per serving are at the top. The foods at the bottom of the list have less iron. But, they are still good iron sources.

Tip: Your body uses the iron in meat foods better than the iron in non-meat foods. Help your body use iron by eating some meat or a food that has vitamin C at the same time as a food that has iron. For example, eat tomatoes with beans or cereal with strawberries.

Amount of Iron in Some Good Iron Foods				
Iron Food	Serving Size	Approximate Iron Contents (mg)	My Serving Size/Day	My Iron Intake (mg)
Clams, canned, drained	3 oz.	24		
WIC-approved cereals, dry	50g (about 2 oz.)	At least 14		
Oysters, cooked	3 oz.	10		
Organ meats: liver/giblets	3 oz.	5-10		
Fortified instant cereals, cooked	1 packet	5-8		
Cowpeas (blackeye peas), cooked	1 cup	4		
Beans, cooked (pinto, kidney, garbanzo, lima, navy, white)	1/2 cup	2-4		
Chili with meat and beans	1 cup	3		
Lentils, cooked	1/2 cup	3		
Tofu, firm	1/2 cup	3		
Spinach, cooked, drained	1/2 cup	3		
Ground beef, 15% fat, cooked	3 oz.	2		
Prune juice	3/4 cup	2		
Rice/pasta, cooked	1 cup	1-2		
Chicken, turkey	3 oz.	1		
Tuna, canned in water	3 oz.	1		
Salmon, cooked	3 oz.	1		
Corn or flour tortillas	1 tortilla	1		
Bread, enriched	1 slice	1		
Dried fruit (apricots, apples, plums)	About 10 pieces	1		
Peanut butter	2 Tbsp.	1		
Egg	1	1		
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Iron Recommendations			
Age	9-13 Years	14-18 Years	19-30 Years
Females	8 mg	15 mg	18 mg
If pregnant	8 mg	27 mg	27 mg
If breastfeeding	8 mg	10 mg	9 mg
Males	8 mg	11 mg	8 mg

Amount of iron I need for my age and pregnancy or breastfeeding status

 mg

Amount of iron I am getting now

 mg

How much more iron I need each day

 mg