

Iron Rich Foods

Meat & Eggs



Beef
Lamb
Ham
Turkey
Chicken
Veal
Pork
Dried beef
Liver
Liverwurst

Eggs (any style)

Bread & Cereals



White bread (enriched)
Whole wheat bread
Enriched pasta
Wheat products
Bran cereals
Corn meal
Oat cereal
Cream of Wheat
Rye bread
Enriched rice

Seafood



Shrimp
Clams
Scallops
Oysters
Tuna
Sardines
Haddock
Mackerel

Vegetables



Spinach
Sweet potatoes
Peas
Broccoli
String beans
Beet greens
Dandelion greens
Collards
Kale
Chard

Fruit



Strawberries
Watermelon
Raisins
Dates
Figs
Prunes
Prune juice
Dried apricots
Dried peaches

Beans & Other Foods



Tofu
Beans (kidney, garbanzo, or white, canned)
Tomato products (e.g., paste)
Dried peas
Dried beans
Lentils
Instant breakfast
Corn syrup
Maple syrup
Molasses

Are some foods with iron better than others?

Food has two types of iron — heme iron and non-heme iron. Heme iron is found in meat, fish and poultry, and is the form of iron that is most readily absorbed from your stomach and taken up into your body after you eat it. Non-heme iron is found in plant foods as well as meat. Foods with non-heme iron are still good to eat, but the iron contained in these foods won't be absorbed as completely as heme iron. You absorb up to 30 percent of heme iron, found only in animal tissues (meat, poultry, and fish). You absorb 2-10 percent of non-heme iron, found in plant foods as well as meat. Eating meat generally boost your iron levels far more than eating non-heme iron. When you eat heme iron with other sources of non-heme iron, the iron is more completely absorbed. Foods high in vitamin C, like tomatoes, citrus fruits and red, yellow and orange peppers can also help with the absorption of non-heme iron.