

IRON

IRON CONTENT OF COMMON FOODS

Heme Iron Sources

Food (3 oz, cooked, lean only)	Total Iron (mg)	Available Iron (mg)
BEEF		
Liver, pan fried	5.3	.70
Chuck, arm pot roast, braised	3.2	.42
Tenderloin, roasted	3.1	.41
Sirloin, broiled	2.9	.37
Round tip, roasted	2.5	.33
Top round, broiled	2.4	.32
Ground, extra lean, broiled, well done	2.4	.31
Top loin, broiled	2.1	.28
Eye round, roasted	1.7	.22
PORK		
Shoulder, blade, Boston, roasted	1.3	.17
Tenderloin, roasted	1.2	.16
Ham, boneless, 5–11% fat	1.2	.16
Loin chop, broiled	.7	.09
LAMB		
Loin, roasted	2.1	.27
Leg, shank half, roasted	1.8	.23
VEAL		
Loin, roasted	.7	.09
Cutlet, pan fried	.7	.10
CHICKEN		
Liver, simmered	7.1	.93
Leg meat, roasted	1.1	.14
Breast meat, roasted	.9	.12
TURKEY		
Leg, roasted	2.2	.29
Breast, roasted	1.3	.17
FISH		
Tuna, light meat, canned	1.3	.17
white meat, canned	.8	.11
Halibut, dry heat	.9	.12
Salmon, sockeye, dry heat	.5	.06
Flounder/sole, dry heat	.2	.03
SHELLFISH		
Oysters, 6 medium, raw	4.8	.64
Shrimp, moist heat	2.6	.34
Crab, Alaskan king, moist heat	.6	.09

Source: USDA Nutrient Database for Standard Reference, Release 11-1, 1997.

IRON CONTENT OF COMMON FOODS continued

Nonheme Iron Sources

Food	Total Iron (mg)	Available Iron (mg)
CEREALS		
Corn flakes, dry, 1 cup	8.7	.43
Raisin bran, dry, 1 cup	5.0	.25
Oatmeal, instant, fortified, ½ cup	4.2	.21
Shredded wheat, dry, 1 oz	1.2	.06
Whole wheat hot cereal, ½ cup	.8	.04
GRAINS		
Bran muffin, home recipe, 1	2.4	.12
Bagel, enriched, ½, 3½ in	1.2	.06
White rice, enriched, cooked, ½ cup	1.0	.05
Whole wheat bread, 1 slice	.9	.04
White bread, enriched, 1 slice	.8	.04
Brown rice, cooked, ½ cup	.5	.02
FRUITS		
Apricots, dried, 7 halves	1.2	.06
Prunes, dried, 3 med	.6	.03
Raisins, 2 Tbsp	.5	.03
Banana, 1 med	.4	.02
Apple, 1 med	.2	.01
Orange, 1 med	.1	.01
VEGETABLES		
Potato, baked w/skin, 1 med	2.8	.14
Peas, cooked, ½ cup	1.3	.06
Spinach, raw, ½ cup	.8	.04
Broccoli, cooked, ½ cup	.6	.03
Carrots, raw, 1 med	.3	.02
Corn, cooked, ½ cup	.3	.01
Lettuce, iceberg, 1 cup	.3	.01
BEANS/LEGUMES		
Kidney beans, boiled, ½ cup	2.6	.13
canned, ½ cup	1.6	.08
Chickpeas, boiled, ½ cup	2.4	.12
canned, ½ cup	1.6	.08
Baked beans, canned, plain, ½ cup	.4	.02
MEAT SUBSTITUTES		
Tofu, raw, reg, 2½ x 2¾ x 1 in	6.4	.32
Egg, large, whole, hard-boiled	.6	.03
yolk, raw	.6	.03
white, raw	tr	—
Peanut butter, 2 Tbsp	.6	.03
DAIRY		
Milk, 1%, 1 cup	.1	.01
Yogurt, plain, lowfat, 1 cup	.2	.01
Cheese, cheddar, 1 oz	.2	.01
MOLASSES		
Blackstrap, 1 Tbsp	3.5	.18

Source: USDA Nutrient Database for Standard Reference, Release 11-1, 1997.