

Table 1: Selected Food Sources of Heme Iron

Food	Milligrams per serving	% DV*
Chicken liver, cooked, 3½ ounces	12.8	70
Oysters, breaded and fried, 6 pieces	4.5	25
Beef, chuck, lean only, braised, 3 ounces	3.2	20
Clams, breaded, fried, ¾ cup	3.0	15
Beef, tenderloin, roasted, 3 ounces	3.0	15
Turkey, dark meat, roasted, 3½ ounces	2.3	10
Beef, eye of round, roasted, 3 ounces	2.2	10
Turkey, light meat, roasted, 3½ ounces	1.6	8
Chicken, leg, meat only, roasted, 3½ ounces	1.3	6
Tuna, fresh bluefin, cooked, dry heat, 3 ounces	1.1	6
Chicken, breast, roasted, 3 ounces	1.1	6
Halibut, cooked, dry heat, 3 ounces	0.9	6
Crab, blue crab, cooked, moist heat, 3 ounces	0.8	4
Pork, loin, broiled, 3 ounces	0.8	4
Tuna, white, canned in water, 3 ounces	0.8	4
Shrimp, mixed species, cooked, moist heat, 4 large	0.7	4

Table 2: Selected Food Sources of Nonheme Iron

Food	Milligrams per serving	% DV*
Ready-to-eat cereal, 100% iron fortified, ¾ cup	18.0	100
Oatmeal, instant, fortified, prepared with water, 1 cup	10.0	60
Soybeans, mature, boiled, 1 cup	8.8	50
Lentils, boiled, 1 cup	6.6	35
Beans, kidney, mature, boiled, 1 cup	5.2	25
Beans, lima, large, mature, boiled, 1 cup	4.5	25
Beans, navy, mature, boiled, 1 cup	4.5	25
Ready-to-eat cereal, 25% iron fortified, ¾ cup	4.5	25
Beans, black, mature, boiled, 1 cup	3.6	20
Beans, pinto, mature, boiled, 1 cup	3.6	20
Molasses, blackstrap, 1 tablespoon	3.5	20
Tofu, raw, firm, ½ cup	3.4	20
Spinach, boiled, drained, ½ cup	3.2	20
Spinach, canned, drained solids ½ cup	2.5	10
Black-eyed peas (cowpeas), boiled, 1 cup	1.8	10
Spinach, frozen, chopped, boiled ½ cup	1.9	10
Grits, white, enriched, quick, prepared with water, 1 cup	1.5	8
Raisins, seedless, packed, ½ cup	1.5	8
Whole wheat bread, 1 slice	0.9	6

*DV = Daily Value. DVs are reference numbers developed by the Food and Drug Administration (FDA) to help consumers determine if a food contains a lot or a little of a specific nutrient. The FDA requires all food labels to include the percent DV (%DV) for iron. The percent DV tells you what percent of the DV is provided in one serving. The DV for iron is 18 milligrams (mg). A food providing 5% of the DV or less is a low source while a food that provides 10-19% of the DV is a good source. A food that provides 20% or more of the DV is high in that nutrient. It is important to remember that foods that provide lower percentages of the DV also contribute to a healthful diet. For foods not listed in this table, please refer to the U.S. Department of Agriculture's Nutrient Database Web site: http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl.

For more information, see: NIH fact sheet : <http://ods.od.nih.gov/factsheets/iron/>