

Foods High in Iron

Food sources of iron¹

Food Group	Item	Amount of iron (mg)	Serving size
Grain	Wheat flour*	2.8	125mL
	Bread, sliced*	2.2	2 slices
	Pita*	1.8	1 pita (17cm diameter)
	Tortilla, wheat*	1.6	1 tortilla (20cm diameter)
	Pearl barley	2.2	1 cup cooked
	Bulgur	1.8	1 cup cooked
	Quinoa	3.4	1 cup cooked
	Pasta*	1.9	1 cup cooked
	Egg noodles	2.7	1 cup cooked
Cereal	All Bran Buds	3.5	1/3 cup
	All Bran Flakes	9.4	1 cup
	Oatmeal Crisp Almond	7	1 cup
	Corn flakes	6.3	1 cup
	Shreddies	5.1	1 cup
	Rice Krispies	3.5	1 cup
	Cheerios	3.2	1 cup
	Shredded Wheat, original	2.8	2 biscuit
	Shredded Wheat, dark chocolate	2.8	1 cup
Seafood	Clam	20	6 large cooked
	Mussel	5	15 small cooked
	Oyster	4.9	6 raw
	Sardine, Atlantic	3.1	75g
	Sardine, Pacific	2.4	75g
	Shrimp	2.3	75g
	Scallop	2.3	78g
	Pickrel (Walleye)	1.3	75g
	Mackerel, Atlantic	1.2	75g
	Tuna, light	1	75g
	Haddock	1	75g
Meat and Poultry	Beef, tenderloin	2.9	75g cooked
	Beef, stewing, lean	2.6	75g cooked
	Beef, flank steak	2.2	75g cooked
	Beef, ground, lean or extra-lean	2.1	75g cooked
	Lamb, ground	1.3	75g cooked

	Lamb, loin	1.6	75g cooked
	Lamb, rib	1.2	75g cooked
	Pork, tenderloin	1	75g cooked
	Pork, back rib	0.9	75g cooked
	Pork, ground, lean	0.9	75g cooked
	Veal, ground	0.7	75g cooked
	Turkey, dark meat, skinless boneless	1.7	75g cooked
	Turkey, ground	1.4	75g cooked
	Turkey, light meat, skinless boneless	1	75g cooked
	Chicken, thigh, skinless boneless	1	75g cooked
	Liver, chicken	9.7	75g cooked
Legume	Soybean	6.5	175mL cooked
	White bean	5.8	175mL cooked
	Lentil	4.9	175mL cooked
	Navy bean	3.6	175mL cooked
	Black bean	3.4	175mL cooked
	Pinto bean	2.6	175mL cooked
	Kidney bean	2.4	175mL cooked
	Chickpea	2.4	175mL cooked
	Split pea	1.9	175mL cooked
	Hummus	1.4	60mL
Nut and seed	Pumpkin seed	5.2	60mL
	Cashew	2.1	60mL
	Pine nuts	1.9	60mL
	Almond	1.6	60mL
	Pistachio	1.3	60mL
	Sunflower seed	1.2	60mL
Vegetable	Spinach, boiled	6.8	1 cup
	Spinach, raw	0.9	1 cup
	Swiss chard	4.2	1 cup cooked
	Snow pea	3.4	1 cup cooked
	Green pea	2.2	1 cup cooked
	Acorn squash	2	1 cup cooked
	Potato, baked with skin	1.9	1 medium
	Tomato, canned	1.5	1 cup
Other Food	Dark chocolate, 70%	2.5	50g
	Dark chocolate, 45%	1.5	50g

* Averages were taken among similar products



Recommended intake of iron²

Age or Subgroup		Recommended Dietary Allowance (RDA)(mg/day)
Infant	7-12 months	11
Children	1-3 years	7
	4-8 years	10
	9-13 years	8
Females	14-18 years	15
	19-50 years	18
	>51 years	8
	Pregnant	27
	Lactating	9-10
Males	14-18 years	11
	>19 years	8

Note: Due to lower rate of absorption of iron from plant-based sources, the recommended intake is 1.8 times higher for vegetarians and vegans than the number provided above.

Reference:

1. Health Canada. (2008). *Nutrient Value of Some Common Foods*. Ottawa, ON: Minister of Health
2. Government of Canada. (2010). *Dietary Reference Intake Tables*. Ottawa, ON: Canada.ca

