

UCLA Division of Transfusion Medicine
 Blood and Platelet Center
 Los Angeles, California

FOODS RICH IN IRON

<u>PROTEIN FOODS</u>		<u>BREADS & CEREALS</u>		<u>FRUITS & VEGETABLES</u>	
	Iron (mg)		Iron (mg)		Iron (mg)
Liver, cooked 2 oz.	5	<u>Dry cereals, ¾ cup or 1 oz.:</u>		Prune juice	4.5
		Most, Product 19, Total	18	Figs, 5 medium	3
Beans, 1 cup cooked:		Buckwheat's, Kix	8	Watermelon, 1 small slice	3
Red, kidney, pinto	5			Raisins, ½ cup	2.5
Black-eyed peas	4	All Bran, Bran Chex, Life	4.5	Prunes, 5 medium	2
Lentils	3	40% Bran Flakes, Wheat Chex	4.5	Spinach, ½ cup cooked	2
Tofu, 8 oz.	2.5	Cheerios, Golden Grahams	4.5	Dates, 5 medium	1.5
		Grapenut Flakes, Raisin Bran	4.5	Peas, ½ cup cooked	1.5
Chile con carne w/ beans, 1 cup	3	Special K, Wheaties	4.5	Apple juice, ½ cup	1
				Banana, 1 medium	1
Meat & poultry, 2 oz. cooked:		100% Bran	2.5	Broccoli, 1 stalk or ½ cup	1
Pork	2.5			Green beans, ½ cup cooked	1
Beef	2	Rice Chex, Rice Krispies,	2	Potato, sweet or white, baked	1
Chicken	1	Corn Flakes	2	Strawberries, ¾ cup	1
Eggs, 2	2	<u>Cooked cereals, ½ cup:</u>		Tomato, 1 medium raw	1
		Cream of Wheat, Malt-o-Meal	8	V-8 juice, ½ cup	
Peanut Butter, 4 tablespoons	2	Wheathearts	8	Apple, 1 medium	0.5
Soup, split pea or bean		Wheatena, Oatmeal	0.5	Apricot, 2 medium	0.5
With pork, 1 cup	2			Cantaloupe, Honeydew,	0.5
		Flour tortillas, 1 average	1	Orange, 1 medium	0.5
Tuna, ¼ cup	1	Corn tortillas, small 6	0.5	Pear, 1 medium	0.5
Hot Dog, 2 average cooked	1				
		Bread, whole wheat or enriched		<u>MILK & MILK PRODUCTS</u>	
		1 slice	0.5	Milk	Contains
		Noodles, Spaghetti, Macaroni, enriched		Cheese	very
		½ cup cooked	0.5	Cottage cheese	little
				Yogurt	iron
		Rice, brown or enriched white,		Ice cream
		½ cup cooked	0.5		