

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

List of Foods High in Iron

How Much Iron Do You Need?

The amount of iron you need each day is measured in milligrams (mg). The general recommendations for healthy people are:

- Women (ages 19–50 years): 18 mg iron per day.
- Women (ages 19-50 years): 27 mg if pregnant; 9 mg if breastfeeding.
- Men (ages 19 years and older): 8 mg iron per day.
- Older women (ages 51+ years): 8 mg iron per day.

Food	Amount	Iron (mg)
100% iron-fortified ready-to-eat cereal	¾ cup	18
Grits, instant	½ cup	7.1
Cream of Wheat	½ cup	5.2
Oatmeal, instant	½ cup	5
Soybeans, cooked	½ cup	4.4
White beans, canned	½ cup	3.9
Lentils	½ cup	3.3
White rice	⅓ cup	3
Spinach	½ cup cooked, 1 cup raw	3
Beef tenderloin	3oz	3
Baked beans	⅓ cup	3
Vegetable or soy burger	1 patty	2.9
Soy milk	1 cup (8 oz)	2.7
Chickpeas	½ cup	2.5
Kidney beans	½ cup	2.5
Sardines	3 oz	2.5
Nuts: almonds or pistachios	¼ cup	1.3
Brussels sprouts, cooked	½ cup	1
Egg	1 whole	1

Notes: