



Iron Rich Foods

The recommended daily allowance for iron is 18mg for women under 55 years of age and 10mg for women over 55 years of age. Select some iron rich foods each day to include in your diet. Without care in selection it is difficult to include 18mg of iron in your diet daily.

<p><u>Meat Group:</u></p> <p>Ground Beef 3 oz. Broiled 3 mg</p> <p>Beef Liver 3 oz. 7.5 mg</p> <p>Braunschweiger sausage 3 oz 5 mg</p> <p>Beef, roasted 3 oz slices 3 mg</p> <p>Pork, roasted 6 oz slices 2 mg</p> <p>Chicken 3 oz 2 mg</p> <p>Tuna Fish ½ cup 1 mg</p> <p>Egg Yolk 1 mg</p> <p>Clams 3 oz raw 5.2 mg</p> <p>Oysters 1 cup ra 13.2 mg</p> <p>Sardines 3 oz oil drained 2.5 mg</p>	<p><u>Fruit Vegetable Group:</u></p> <p>Turnip greens ½ cup 2 mg</p> <p>Beet greens ½ cup 2 mg</p> <p>Swiss Chard ½ cup 2 mg</p> <p>Spinach 1 cup cooked 4 mg</p> <p>Potato-unpeeled 1.1 mg</p> <p>Winter Squash 1 cup cooked 1.6 mg</p> <p>Peas 1 cup cooked 3 mg</p> <p>Apricots dried 1 cup 7.2 mg</p> <p>Prunes 1 cup cooked 3.8 mg</p> <p>Raisins 1 cup 5.1 mg</p> <p>Peaches dried 1 cup 9.6 mg</p>
<p><u>Bread and Cereal Group:</u></p> <p>Oatmeal 1 cup cooked 2 mg</p> <p>Bran Flakes w/raisins 1 cup 7.9 mg</p> <p>Wheat Flakes enriched 1 cup 4.8mg</p> <p>Wheat bread 2 slices 1 mg</p> <p>Puffed oats 1 cup 4 mg</p> <p>Barley 1 cup 4 mg</p> <p>Rice 1 cup 5.4 mg</p>	<p><u>Other Foods:</u></p> <p>Peanut Butter 3 T 1 mg</p> <p>Peanuts 1 cup 3 mg</p> <p>Sunflower seeds 1 cup 10.3 mg</p>

For good health, eat a variety of foods in order to get the necessary important nutrients. Using a cast iron pan to cook with will also help increase your iron intake.