

Food Sources of Iron

Meat, fish and poultry (tissue proteins) provide well-absorbed heme iron. Good sources of non-heme iron include beans, nuts, and fortified or enriched grain products.

	Portion	Iron (mg)
Dairy products		
Cheese - Cheddar	1.75 oz./50 g	0.3
Milk - whole, 2%, 1%, skim, buttermilk	1 cup/250 mL	0.1
Yogurt, plain	¾ cup/175 mL	0.1
Ice cream	½ cup/125 mL	0.1
Cheese - cottage, creamed, 2%, 1%	½ cup/125 mL	0.2
Meat, fish, poultry and alternatives		
Salmon with bones, canned	3 oz/90 g	0.6**
Almonds	½ cup/125 mL	2.8
Beans, cooked (kidney, navy, pinto, garbanzo)	1 cup/250 mL	4.8
Peanut butter	2 Tbsp/30 mL	0.6
Chicken, roasted	3 oz/90 g	1.0**
Beef, roasted	3 oz/90 g	2.2**
Pork, roasted, lean	3 oz/90 g	1.0**
Tofu, set with calcium sulfate	½ cup/125 mL	4.8
Breads and cereals		
Muffin, bran	1 small/35 g	1.5
Cereal, ready-to-eat (e.g., Rice Krispies) (Canadian)	1 oz/30 g	3.8
Bread - white	1 slice/30 g	0.9
Bread - whole wheat	1 slice/30 g	1.0
Fruits and vegetables		
Broccoli, raw	½ cup/125 mL	0.7
Orange	1 med/180 g	0.1
Banana	1 med/175 g	0.4
Peas, green, cooked	½ cup/125 mL	1.3
Carrots, cooked	½ cup/125 mL	0.8
Other foods		
Cola beverage	12 oz/355 mL	-
Chocolate bar	1 regular/45 g	0.6

** Source of heme iron

- To determine the iron content of other foods, consult the document "Nutrient Values of Some Common Foods", which displays nutrient information from the Canadian Nutrient File for 975 foods marketed in Canada. To view the PDF file, go to http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/nvscf-vngau_e.pdf.
- Information on other food sources of iron can be obtained through a searchable database that contains values for foods in the United States derived from the United States Department of Agriculture. It can be accessed through <http://www.nal.usda.gov/fnic/etext/000020.html>. This site also contains links to many other sources of food composition information.