

Foods with High Content of Iron¹

ANIMAL SOURCES (HEME)

FOOD	SERVING	IRON (mg)*
Liver (pork, chicken, or beef)**	75 g (2 ½ oz)	4.6 to 13.4
Oysters*** or mussels	75 g (2 ½ oz)	5.0 to 6.3
Lamb or beef	75 g (2 ½ oz)	1.5 to 2.4
Clams	75 g (2 ½ oz)	2.1
Sardines, canned	75 g (2 ½ oz)	2.0
Tuna, herring, trout, or mackerel	75 g (2 ½ oz)	1.2

PLANT SOURCES (NON-HEME)

FOOD	SERVING	IRON (mg)*	FOOD	SERVING	IRON (mg)*
Infant cereal with added iron	28 g (5 tbsp)	7.0	Bagel	1/2 bagel	1.9
Soybeans, cooked	175 mL (3/4 cup)	6.5	Seaweed, agar (dried)	8 g (1/2 cup)	1.7
Beans or lentils	175 mL (3/4 cup)	3.3 to 4.9	Prune puree	60 mL (1/4 cup)	1.7
Pumpkin seeds/kernels, roasted	60 mL (1/4 cup)	4.7	Quinoa, cooked	125 mL (1/2 cup)	1.5
Cold cereal with added iron	30 g	4.5	Eggs	2	1.4
Blackstrap molasses	15 mL (1 tbsp)	3.6	Quick or large flake oats, prepared	175 mL (3/4 cup)	1.4
Hot cereal with added iron	175 mL (3/4 cup)	3.4	Almonds, walnuts, or pecans	60 mL (1/4 cup)	0.8 to 1.3
Spinach, cooked	125 mL (1/2 cup)	3.4	Green peas, cooked	125 mL (1/2 cup)	1.3
Meatless meatballs	150 g	3.2	White bread	35 g (1 slice)	1.3
Tofu, firm or extra firm, or edamame, cooked	150 g (3/4 cup)	2.4	Egg noodles with added iron	125 mL (1/2 cup)	1.2
Tahini (sesame seed butter)	30 mL (2 tbsp)	2.3	Sunflower seeds/kernels, dry roasted	60 mL (1/4 cup)	1.2
Chickpeas	175 mL (3/4 cup)	2.2	Tomato sauce, canned	125 mL (1/2 cup)	1.2
Swiss chard or beet greens, cooked	125 mL (1/2 cup)	1.5 to 2.1	Sauerkraut	125 mL (1/2 cup)	1.1
Potato, baked with skin	1 medium	1.9	Soy beverage	250 mL (1 cup)	1.1

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1. HealthLink BC, Nutrition Series - Number 68d, March 2022. https://www.healthlinkbc.ca/sites/default/files/documents/hfile68d_0.pdf. Last accessed Apr 21, 2023 † Pharmacy Practice + Business and Profession Santé 2024/The Medical Post and Profession Santé 2024 – Survey on OTC Counselling and Recommendations. g: grams; mg: milligrams; mcg: micrograms; oz: ounces; tbsp: tablespoon; mL: milliliters
*Estimated values. **If you are pregnant, limit liver and liver products to 75g (2 ½ ounces) per week. Liver is high in vitamin A. Too much vitamin A may cause birth defects. ***Pacific oysters from British Columbia tend to be higher in cadmium. Limit intake to 12 per month for adults and 1.5 per month for children.