

My iron-rich foods reminder



Muesli
100g – 3-5mg



Weetabix
2 biscuits – 4.5mg



Lentils (all types)
10 tbsp (120g), cooked – 4mg



Swiss chard
1 cup, cooked – 4mg



Wholewheat pasta
100g dry pasta – 4mg



Tofu
100g – 2-3mg



Baked beans (haricot)
½ can – 3mg



Shreddies
40g – 3mg



Black-eyed beans
100g – 3mg



Edamame (soya beans)
100g – 2mg



Collard greens
1 cup, cooked – 2mg



Spinach
5 tbsp, cooked – up to 2mg



Cashew nuts
28g (small handful) – 2mg



Mung beans
10 tbsp (130g), cooked – 2mg



Bread (wholemeal)
2 medium slices – 2mg



Kidney beans
10 tbsp (110g) – 2mg



Chia seeds
1 tbsp – 2mg



Peas
10 tbsp (100g) – 2mg



Nuts
28g (small handful) – around 1mg



Apricots (dried)
6 apricots – 1mg



Kale
1 cup (118g), cooked – 1mg



Bok choy
10 tbsp, cooked (110g) – 1mg



Chickpeas
10 tbsp (100g), cooked – 1mg



Figs (dried)
5 figs – 1mg



Prunes
6 whole prunes – 1mg



Cumin, turmeric and thyme
½ tsp – up to 1mg



Seeds
1 tbsp – up to 1mg



Parsley
2 tbsp, fresh, chopped – up to 1mg

TOP TIP!

Vitamin C massively increases your absorption of iron

Other good sources

- Sultana bran 3-5mg of iron per 40g;
- Oats 3mg per cup (80g);
- Quinoa (cooked) 3 mg per cup;
- Dark chocolate 1-3mg per 3 squares;
- Hemp seeds 1mg per 1 tbsp;
- Avocado 1mg per fruit;
- Broccoli 1mg per cup; Grapes 0.5 mg per cup;
- Beetroot (cooked) 0.4 mg per piece (50g);
- Tomato 0.3 mg per medium fruit

How much should I eat each day?

8.7 MG (men)

14.8 MG
(women up to age 50) or

8.7 MG
(women over 50)