

Iron Foods

- Values based on information from USDA FoodData Central. Numbers are rounded to the nearest tenth.
- Iron in meat, poultry, and fish is better absorbed than iron from plant sources. Combine plant sources of iron with small amounts of meat or vitamin C foods for better absorption of iron.
- This is a listing of some of the food sources of iron. It is not a complete listing of all iron containing foods.

Meat, Fish, Poultry	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Beef - 93% lean, ground, cooked	1 ounce	0.8 mg	3 ounces	2.4 mg
Beef - chuck roast, lean, cooked	1 ounce	0.9 mg	3 ounces	2.7 mg
Braunschweiger - (liver sausage)	1 ounce	3.2 mg	3 ounces	9.5 mg
Chicken - breast, cooked, meat only	1 ounce	0.3 mg	3 ounce	0.9 mg
- leg, cooked meat only	1 ounce	0.3 mg	3 ounces	0.9 mg
Clams - steamed	1 ounce	0.8 mg	3 ounces	2.4 mg
Cod - Atlantic, baked	1 ounce	0.1 mg	3 ounces	0.4 mg
Ham	1 ounce	0.3 mg	3 ounces	0.8 mg
Liver - beef, cooked	1 ounce	1.9 mg	3 ounces	5.6 mg
- chicken, cooked	1 ounce	3.3 mg	3 ounces	9.9 mg
Pork - lean, cooked	1 ounce	0.3 mg	3 ounces	1 mg
Pollock - baked	1 ounce	0.1 mg	3 ounces	0.3 mg
Salmon - canned, pink, drained, solids	1 ounce	0.2 mg	3 ounces	0.7 mg
Salmon - fresh, Atlantic, farmed, cooked	1 ounce	0.1 mg	3 ounces	0.3 mg
Shrimp - cooked	1 ounce	0.1 mg	3 ounces	0.4 mg
Tuna Fish - light, canned in water, drained, solids	1 ounce (approx. 3 Tablespoons)	0.5 mg	3 ounces (approx. ½ cup)	1.4 mg
Turkey - breast, cooked, roasted	1 ounce	0.2 mg	3 ounces	0.6 mg
- ground, cooked	1 ounce	0.4 mg	3 ounces	1.3 mg
- leg, cooked, meat only	1 ounce	0.4 mg	3 ounces	1.3 mg
Venison - cooked	1 ounce	1.2 mg	3 ounces	3.5 mg

Beans and Eggs	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Beans - cooked, black	¼ cup	0.9 mg	½ cup	1.8 mg
- cooked, navy	¼ cup	1.1 mg	½ cup	2.2 mg
- cooked, pinto	¼ cup	0.9 mg	½ cup	1.8 mg
Edamame - frozen, prepared	¼ cup	0.9 mg	½ cup	1.8 mg
Eggs - whole, large, hard boiled	½	0.3 mg	1	0.6 mg
Hummus - commercial	1 Tablespoon	0.4 mg	2 Tablespoons	0.8 mg
Lentils - cooked	¼ cup	1.7 mg	½ cup	3.3 mg
Tofu - raw, firm	¼ cup	1.7 mg	½ cup	3.4 mg
Nuts and Seeds				
Almonds - raw, whole	½ ounce	0.5 mg	1 ounce	1.1 mg
Cashews - raw	½ ounce	0.8 mg	1 ounce	1.7 mg
Peanuts - raw	½ ounce	0.2 mg	1 ounce	0.4 mg
Peanut Butter	1 Tablespoon	0.3 mg	2 Tablespoons	0.5 mg
Pecans - halves	½ ounce	0.3 mg	1 ounce	0.7 mg
Pistachios	½ ounce	0.5 mg	1 ounce	1 mg
Pumpkin Seeds - whole, roasted	½ ounce	0.5 mg	1 ounce	1.0 mg
Sunflower Seed Kernels - dried	½ ounce	0.7 mg	1 ounce	1.5 mg
Walnuts - raw, halves	½ ounce	0.3 mg	1 ounce	0.6 mg
Grain Sources				
Bread - whole wheat	½ slice	0.5 mg	1 slice	1 mg
Cereal - iron fortified with 100% DV for iron per serving (current DV of 18 mg)	½ serving (as per label)	9 mg	1 serving (as per label)	18 mg
Cereal - iron fortified with 45% DV for iron per serving	½ serving (as per label)	4 mg	1 serving (as per label)	8.1 mg
Cereal - infant, dry, iron fortified with 45 mg of iron per 100 grams (current DV of 18 mg)	1 Tablespoon	1.6 mg	N/A	N/A
Granola - homemade	2 Tablespoons	0.6 mg	¼ cup	1.2 mg

	Child Serving Size	Iron Content	Adult Serving Size	Iron Content
Pasta - <i>white, enriched, cooked</i>	1/4 cup	0.4 mg	1/2 cup	0.8 mg
Pasta - <i>whole grain, cooked</i>	1/4 cup	0.5 mg	1/2 cup	0.9 mg
Rice - <i>brown, cooked, medium grain</i>	1/4 cup	0.3 mg	1/2 cup	0.5 mg
Rice - <i>white, enriched, cooked, medium grain</i>	1/4 cup	0.7 mg	1/2 cup	1.4 mg
Tortillas - <i>whole grain</i> (1 = 45g)	1/2	0.5 mg	1	1.1 mg
Fruit and Vegetable Sources				
Apricots - <i>dried</i>	1/2	0.1 mg	1 whole	0.2 mg
Broccoli - <i>chopped, cooked</i>	1/4 cup	0.3 mg	1/2 cup	0.6 mg
Kale - <i>raw</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Leafy Greens - <i>shredded</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Potato - <i>baked, flesh only</i>	1/4 cup	0.1 mg	1/2 cup	0.2 mg
Prunes	2 Tablespoons	0.2 mg	1/4 cup	0.4 mg
Raisins	1 Tablespoon	0.3 mg	2 Tablespoons	0.5 mg
Spinach - <i>cooked</i>	1/4 cup	1.6 mg	1/2 cup	3.2 mg

Recommended Dietary Allowances and Adequate intakes for Iron

Age	Iron (mg/day)
Infants	
0-6 months	0.27
7-12 months	11
Children	
1-3 years of age	7
4-8 years of age	10
9-13 years of age	8
Females	
14-18 years of age	15
19-50 years of age	18
51+	8
Males	
14-18 years of age	11
19- 50 years of age	8
51+	8
Pregnant Women	
14-50 years of age	27
Breastfeeding Women	
14-18 years of age	10
19-50 years of age	9

Sources:

U.S. Department of Agriculture, Agricultural Research Service.
FoodData Central.[cited (07/17/2026)].
Available from <https://fdc.nal.usda.gov/>.

National Institutes of Health, Office of Dietary Supplements.
(2023, August 17). Iron: Fact sheet for consumers.
U.S. Department of Health and Human Services.
<https://ods.od.nih.gov/factsheets/Iron-Consumer/>

*This provides general nutrition information; medical advice
should be obtained from a healthcare professional.*

The RDA/AI for iron is based on consuming a nonvegetarian diet. Because non-heme iron absorption is lower for those who consume vegetarian diets, the iron requirement for vegetarians may be almost two times higher than the RDA.