







Foods That Provide Iron

Iron is essential for good health, but our bodies can't make it—we have to get it from food. When planning meals, the type and amount of dietary iron matter.

Excellent Source 25% or more of Daily Value			Good Source 15-24% Daily Value			Source 5-14% Daily Value		
WELL-ABSORBED IRON (heme) Calculated based on 100g, cooked portion								
								
Liver (beef and chicken), oysters, mussels, venison, moose			Beef, bison, goat, clams, sardines			Lamb, veal, pork, duck, rabbit, chicken, turkey (dark meat), herring, mackerel, wild salmon, tuna, rabbit		
LESS-WELL ABSORBED IRON (non-heme) Calculated based on the serving sizes outlined in Health Canada's Table of Reference Amounts for Food								
								
Instant oatmeal (iron-fortified), breakfast cereals (iron-fortified), dark chocolate (70%–85% cocoa)			Lentils, white beans, hemp seeds, tahini, enriched pasta, cooked spinach, blackstrap molasses			Eggs, seeds (pumpkin, chia, sesame), beans (kidney, black, baked), chickpeas, nuts (cashews, almonds, pistachios, hazelnuts), green veggies (peas, Brussels sprouts, raw spinach, asparagus, arugula, beet greens, kale, rapini, bok choy), soy (tofu, enriched soy beverage, soy nuts, edamame), grains (enriched white and whole wheat bread, quinoa), prune juice, fancy molasses, canned tomatoes, dried apricots		

Source of iron content for Daily Value (DV) calculations: Health Canada, Canadian Nutrient File 2015.

TIP: Check food labels - iron amounts can vary depending on the brand.

FOODS <5% DV (these do not qualify as a source of iron):

- Meats:** turkey breast
- Seafood:** rainbow trout, farmed salmon, shrimp, scallops, lobster
- Nuts:** walnuts, Brazil nuts, pecans, peanuts and peanut butter
- Fruit:** raisins, dates, figs, prunes
- Grains:** enriched long grain rice
- Vegetables:** potatoes, sweet potatoes, romaine and iceberg lettuce, napa cabbage, corn, broccoli, gai lan, canned black olives, beets, carrots, fresh tomatoes

Iron-packed recipes



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