



IRON CONTENT IN FOODS

Iron Content(2 or 3 digit #)-higher the better

Commercial baby food

Meat

Baby food, lamb, junior, 1 jar (2.5 oz); 1.2

Baby food, chicken, strained, 1 jar (2.5 oz); 1.0

Baby food, lamb, strained, 1 jar (2.5 oz); 0.8

Baby food, beef, junior, 1 jar (2.5 oz); 0.7

Baby food, beef, strained, 1 jar (2.5 oz); 0.7

Baby food, chicken, junior, 1 jar (2.5 oz); 0.7

Baby food, pork, strained, 1 jar (2.5 oz); 0.7

Baby food, ham, strained, 1 jar (2.5 oz); 0.7

Baby food, ham, junior, 1 jar (2.5 oz); 0.7

Baby food, turkey, strained, 1 jar (2.5 oz); 0.5

Baby food, veal, strained, 1 jar (2.5 oz); 0.5



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Vegetables

Baby food, green beans, junior, 1 jar (6 oz); 1.8

Baby food, peas, strained, 1 jar (3.4 oz); 0.9

Baby food, green beans, strained, 1 jar (4 oz); 0.8

Baby food, spinach, creamed, strained, 1 jar (4 oz); 0.7

Baby food, sweet potatoes, junior (6 oz); 0.7

Cereals

Baby food, brown rice cereal, dry, instant, 1 tbsp; 1.8

Baby food, oatmeal cereal, dry, 1 tbsp; 1.6

Baby food, rice cereal, dry, 1 tbsp; 1.2

Baby food, barley cereal, dry, 1 tbsp; 1.1



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Table food

Clams, canned, drained solids, 3 oz; 23.8

Chicken liver, cooked, simmered, 3 oz; 9.9

Oysters, Eastern canned, 3 oz; 5.7

Beef liver, cooked, braised, 3 oz; 5.6

Shrimp, cooked moist heat, 3 oz; 2.6

Beef, composite of trimmed cuts, lean only, all grades, cooked, 3 oz; 2.5

Sardines, Atlantic, canned in oil, drained solids with bone, 3 oz; 2.5

Turkey, all classes, dark meat, roasted, 3 oz; 2.0

Lamb, domestic, composite of trimmed retail cuts, separable lean only,
choice, cooked 3 oz; 1.7

Fish, tuna, light, canned in water, drained solids, 3 oz; 1.3

Chicken, broiler or fryer, dark meat, roasted, 3 oz; 1.1

Turkey, all classes, light meat, roasted, 3 oz; 1.1

Veal, composite of trimmed cuts, lean only, cooked, 3 oz; 1.0

Chicken, broiler or fryer, breast, roasted, 3 oz; 0.9

Pork, composite of trimmed cuts (leg, loin, shoulder), lean only, cooked, 3 oz; 0.9

Fish, salmon, pink, cooked, 3 oz; 0.8

Oatmeal, instant, fortified, cooked, 1 cup; 14.0



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Table food (continued)

Blackstrap molasses, b 2 tbsp; 7.4

Tofu, raw, regular, 1/2 cup; 6.7

Wheat germ, toasted, 1/2 cup; 5.1

Ready-to-eat cereal, fortified at different levels, 1 cup; 4.5 to 18

Soybeans, mature seeds, cooked, boiled, 1/2 cup; 4.4

Apricots, dehydrated (low-moisture), uncooked, 1/2 cup; 3.8

Sunflower seeds, dried, 1/2 cup; 3.7

Lentils, mature seeds, cooked, 1/2 cup; 3.3

Spinach, cooked, boiled, drained, 1/2 cup; 3.2

Chickpeas, mature seeds, cooked, 1/2 cup; 2.4

Prunes, dehydrated (low-moisture), uncooked, 1/2 cup; 2.3

Lima beans, large, mature seeds, cooked, 1/2 cup; 2.2

Navy beans, mature seeds, cooked, 1/2 cup; 2.2

Kidney beans, all types, mature seeds, cooked, 1/2 cup; 2.0

Molasses, 2 tbsp; 1.9

Pinto beans, mature seeds, cooked, 1/2 cup; 1.8

Raisins, seedless, packed, 1/2 cup; 1.6