

## Top Iron-Rich Foods List

Food	Amount in 1 serving	% of DV
Chicken liver (3 oz)	9.9 mg	36%
Oysters (3 oz)	5.7 mg	21%
Beef liver (3 oz)	5.6 mg	20%
Venison (3 oz)	3.8 mg	14%
Ground bison (3 oz)	2.7 mg	10%
Sardines (3 oz)	2.4 mg	8%
Beef steak (3 oz)	1.8 mg	6%
<b>Plant-based sources</b>		
Lentils (1 cup)	6.6 mg	24%
Spinach (1 cup)	3.7 mg	13%
Chickpeas (½ cup)	4.8 mg	17%
Soybeans (1 cup)	8.8 mg	32%
Quinoa (1 cup)	2.8 mg	10%
Sesame seeds (2 Tbsp)	2.6 mg	9%
Swiss chard (½ cup)	2 mg	7%
Navy beans (1 cup)	2.3 mg	8%
Tempeh (4 oz)	3.6 mg	13%
Artichokes (1 cup)	2 mg	7%
Pumpkin seeds (1 cup)	2.1 mg	7%
Blackstrap molasses (1 tbsp)	3.5 mg	13%

Best-absorbed iron supplements: Floradix Iron, Rainbow Light iron tablets,  
Chlorophyll or spirulina supplements

\*note: animal sources absorbed 2-4x better than plant sources