

# Vegetarian Sources of Iron

Excellent sources (3.5 mg or more)	Good sources (2.1 to 3.4 mg)	Sources (0.7 to 2.0 mg)
<ul style="list-style-type: none"> <li>• Tofu, regular or firm (1/4 cup)</li> <li>• Soybeans, white beans, lentils, cooked (1/2 cup)</li> <li>• Blackstrap molasses (1 tbsp)</li> <li>• Fortified whole grain cold cereals such as Corn Bran™, Raisin Bran™, Shreddies™ (1 cup)</li> <li>• Fortified hot cereals such as Cream of Wheat™ (instant), Quaker Oatmeal™ (instant) (1 pouch)</li> <li>• Pumpkin, squash seeds, dry (1/4 cup)</li> <li>• Cereal bars such as Vector Bar™, Oatmeal to Go™ (Daily Value or DV for iron more than 25%) (1 bar)</li> <li>• Teff, cooked (1 cup)</li> <li>• Amaranth, cooked (1 cup)</li> <li>• Sorghum (1 cup)</li> <li>• Buckwheat (1 cup)</li> <li>• Cornmeal (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach, cooked (1/2 cup)</li> <li>• Potato with skin (1 medium)</li> <li>• Egg noodles, cooked (1 cup)</li> <li>• Pasta, enriched, cooked (1 cup)</li> <li>• Kidney, chick peas and navy beans, cooked (3/4 cup)</li> <li>• Lima beans, cooked (1/2 cup)</li> <li>• Split peas, cooked (1 cup)</li> <li>• Sesame seeds or paste (tahini) (2 tbsp)</li> <li>• Fortified cold cereals such as Cheerios™, Rice Krispies™, Special K™ (1 cup)</li> <li>• Fortified hot cereals such as Cream of Wheat™ (1 cup)</li> <li>• Sunflower seeds (1/4 cup)</li> <li>• Tempeh (1/2 cup)</li> <li>• Quinoa, cooked (1 cup)</li> <li>• Baked beans, canned (3/4 cup)</li> <li>• Barley (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Egg yolk (1)</li> <li>• Broccoli (1 cup)</li> <li>• Green peas, kale, bok choy, cooked (1/2 cup)</li> <li>• Tomato sauce (1/2 cup)</li> <li>• Almonds, cashews, hazelnuts, peanuts, soy nuts (3 tbsp)</li> <li>• Prune juice (1/2 cup)</li> <li>• Brown rice, cooked (1 cup)</li> <li>• Bread, whole grain (1 slice)</li> <li>• Dried figs (3)</li> <li>• Dried apricots (5)</li> <li>• Dried dates (10)</li> <li>• Raisins (1/4 cup)</li> <li>• Wheat germ (1/4 cup)</li> <li>• Hot cereals such as oatmeal (regular), Red River™ (1 cup)</li> <li>• Soy milk (1 cup)</li> <li>• Soy-based meat analogs such as veggie burgers, hot dogs and deli slices</li> <li>• Millet (1 cup)</li> </ul>

## To help your body absorb iron:

- Include a food source of vitamin C with your meals. Vitamin C helps your body absorb iron. Some sources of vitamin C include broccoli, green and red peppers, citrus fruit or juice, strawberries, tomatoes, and potatoes.
- If you drink tea or coffee, have it at least one hour before or after your meals. Tea and coffee contain compounds that can decrease your iron absorption.
- Calcium supplements can interfere with iron absorption. If you take calcium supplements, talk to your doctor or dietitian about calcium and iron.

