



# **Iron in Foods**

## Why do I need iron?

Iron is a mineral that your body uses to make hemoglobin (pronounced "hee-muh-glow-bin"). Hemoglobin is found in your red blood cells and helps carry oxygen to all parts of your body. Babies and children need iron for healthy growth and development, including brain development.

The amount of iron you need each day depends on your age, sex, whether you are pregnant or breastfeeding, and what food sources of iron you eat.

#### What foods contain iron?

Iron is found naturally in many foods such as:

- Meat, poultry and fish
- Eggs
- Beans, peas, lentils, tofu
- Some vegetables such as spinach and beets
- Whole grains such as quinoa, whole oats and whole grain bread
- Nuts, seeds and some dried fruit like raisins

Some foods have iron added to them. In Canada, iron must be added to certain foods like white flour and meat substitutes. Other foods such as breakfast cereal, infant cereal and pasta may also have added iron. Check the ingredient list and nutrition facts table to see if iron has been added and how much.

#### What are the different forms of iron?

There are 2 types of iron found in foods:

- *Heme* iron is found in meat, fish and poultry, and is easily absorbed by your body
- *Non-heme* iron is found in eggs and plantbased foods such as beans, lentils, nuts and seeds, whole grains and some vegetables. It is also found in foods with added iron. This

type of iron is not absorbed as well by your body

You can absorb more non-heme iron from foods by eating them at the same time as foods with heme iron or foods high in vitamin C. Foods high in vitamin C include:

- Red, yellow and green peppers
- Broccoli, brussels sprouts, snow peas
- Papaya, kiwi fruit, strawberries
- Oranges, grapefruit

#### How much iron is in food?

You can use the food sources table below to find out how much iron a food contains. You can also use the Canadian Nutrient File (see For More Information).

For foods that have a label, check the nutrition facts table. The percent daily value (%DV) on the nutrition facts table tells you if a food has "a little" or "a lot" of iron. "A little' is 5% DV or less and 'a lot' is 15% DV or more. Some labels will also list the amount of iron in milligrams.

#### For More Information

- <u>HealthLinkBC File #68c Iron and Your</u> Health
- Iron content of specific foods: <u>Canadian</u> Nutrient File

For more nutrition information, call **8-1-1** to speak with a registered dietitian.

### **Food Sources of Iron**

Liver (pork, chicken, or beef)*   75 g (2 ½ oz)	Foods with heme iron	Serving	Iron (mg)
Lamb or beef         75 g (2 ½ oz)         1.5 to 2.4           Clams         75 g (2 ½ oz)         2.1           Sardines, canned         75 g (2 ½ oz)         2.0           Tuna, herring, trout, or mackerel         75 g (2 ½ oz)         1.2           Chicken or pork         75 g (2 ½ oz)         0.9           Salmon or turkey         75 g (2 ½ oz)         0.5           Foods with non-heme iron         Serving         Iron (mg)           Infant cereal with added iron         28 g (5 tbsp)         7.0           Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)	Liver (pork, chicken, or beef)*	75 g (2 ½ oz)	4.6 to 13.4
Clams         75 g (2 ½ oz)         2.1           Sardines, canned         75 g (2 ½ oz)         2.0           Tuna, herring, trout, or mackerel         75 g (2 ½ oz)         1.2           Chicken or pork         75 g (2 ½ oz)         0.9           Salmon or turkey         75 g (2 ½ oz)         0.5           Foods with non-heme iron         Serving         Iron (mg)           Infant cereal with added iron         28 g (5 tbsp)         7.0           Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamane, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         1.5 to 2.1           Potato, baked wit	Oysters** or mussels	75 g (2 ½ oz)	5.0 to 6.3
Clams	Lamb or beef	75 g (2 ½ oz)	1.5 to 2.4
Sardines, canned	Clams		2.1
Tuna, herring, trout, or mackerel         75 g (2 ½ oz)         1.2           Chicken or pork         75 g (2 ½ oz)         0.9           Salmon or turkey         75 g (2 ½ oz)         0.5           Foods with non-heme iron         Serving         Iron (mg)           Infant cereal with added iron         28 g (5 tbsp)         7.0           Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9	Sardines, canned		2.0
Chicken or pork         75 g (2 ½ oz)         0.9           Salmon or turkey         75 g (2 ½ oz)         0.5           Foods with non-heme iron         Serving         Iron (mg)           Infant cereal with added iron         28 g (5 tbsp)         7.0           Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 lbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dri	Tuna, herring, trout, or mackerel	75 g (2 ½ oz)	1.2
Foods with non-heme iron         Serving         Iron (mg)           Infant cereal with added iron         28 g (5 lbsp)         7.0           Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 lbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Kot cereal with added iron         175 mL (3/4 cup)         3.4           Blackstrap molasses         15 mL (1/2 cup)         3.4           Mot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bage         ½ bage!         1.9           Seawed,	Chicken or pork		0.9
Infant cereal with added iron   28 g (5 tbsp)   7.0     Soybeans, cooked   175 mL (3/4 cup)   6.5     Beans or lentils   175 mL (3/4 cup)   3.3 to 4.9     Pumpkin seeds/kernels, roasted   60 mL (1/4 cup)   4.7     Cold cereal with added iron   30 g   4.5     Blackstrap molasses   15 mL (1 tbsp)   3.6     Hot cereal with added iron   175 mL (3/4 cup)   3.4     Spinach, cooked   125 mL (1/2 cup)   3.4     Meatless meatballs   150 g   3.2     Tofu, firm or extra firm, or edamame, cooked   150 g (3/4 cup)   2.4     Tahini (sesame seed butter)   30 mL (2 tbsp)   2.3     Chickpeas   175 mL (3/4 cup)   2.2     Swiss chard or beet greens, cooked   125 mL (1/2 cup)   1.5 to 2.1     Potato, baked with skin   1 medium   1.9     Bagel   ½ bagel   1.9     Seawed, agar (dried)   8 g (1/2 cup)   1.7     Pune puree   60 mL (1/4 cup)   1.7     Quinoa, cooked   125 mL (1/2 cup)   1.5     Eggs   2   1.4     Quick or large flake oats, prepared   175 mL (3/4 cup)   0.8 to 1.3     Green peas, cooked   125 mL (1/2 cup)   1.3     Almonds, walnuts, or pecans   60 mL (1/4 cup)   0.8 to 1.3     Green peas, cooked   125 mL (1/2 cup)   1.2     Sunflower seeds/kernels, dry roasted   60 mL (1/4 cup)   1.2     Sunflower seeds/kernels, dry roasted   60 mL (1/4 cup)   1.2     Sunflower seeds/kernels, dry roasted   60 mL (1/4 cup)   1.2     Sunerkraut   125 mL (1/2 cup)   1.1     Soy beverage   250 mL (1 cup)   1.1     Soy beverage   250 mL (1 cup)   0.9     Dried apricots or raisins   60 mL (1/4 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.8     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.8     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.8     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.8     Whole wheat pasta, cooked   125 mL (1/2 cup)	Salmon or turkey	75 g (2 ½ oz)	0.5
Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seawed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL	Foods with non-heme iron	Serving	Iron (mg)
Soybeans, cooked         175 mL (3/4 cup)         6.5           Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seawed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.5           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL	Infant cereal with added iron	28 g (5 tbsp)	7.0
Beans or lentils         175 mL (3/4 cup)         3.3 to 4.9           Pumpkin seeds/kernels, roasted         60 mL (1/4 cup)         4.7           Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         0.8 to 1.3           Green peas, cooked         <	Soybeans, cooked		6.5
Cold cereal with added iron         30 g         4.5           Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slic		175 mL (3/4 cup)	3.3 to 4.9
Blackstrap molasses         15 mL (1 tbsp)         3.6           Hot cereal with added iron         175 mL (3/4 cup)         3.4           Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         12	Pumpkin seeds/kernels, roasted	60 mL (1/4 cup)	4.7
Hot cereal with added iron   175 mL (3/4 cup)   3.4     Spinach, cooked   125 mL (1/2 cup)   3.4     Meatless meatballs   150 g   3.2     Tofu, firm or extra firm, or edamame, cooked   150 g (3/4 cup)   2.4     Tahini (sesame seed butter)   30 mL (2 tbsp)   2.3     Chickpeas   175 mL (3/4 cup)   2.2     Swiss chard or beet greens, cooked   125 mL (1/2 cup)   1.5 to 2.1     Potato, baked with skin   1 medium   1.9     Bagel   ½ bagel   1.9     Seaweed, agar (dried)   8 g (1/2 cup)   1.7     Prune puree   60 mL (1/4 cup)   1.5     Quinoa, cooked   125 mL (1/2 cup)   1.5     Eggs   2   1.4     Quick or large flake oats, prepared   175 mL (3/4 cup)   1.4     Almonds, walnuts, or pecans   60 mL (1/4 cup)   0.8 to 1.3     Green peas, cooked   125 mL (1/2 cup)   1.3     Egg noodles with added iron   125 mL (1/2 cup)   1.2     Sunflower seeds/ kernels, dry roasted   60 mL (1/4 cup)   1.2     Tomato sauce, canned   125 mL (1/2 cup)   1.2     Sunerkraut   125 mL (1/2 cup)   1.1     Soy beverage   250 mL (1 cup)   1.1     Soy beverage   250 mL (1 cup)   0.9     Dried apricots or raisins   60 mL (1/4 cup)   0.7 to 0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9			4.5
Hot cereal with added iron   175 mL (3/4 cup)   3.4     Spinach, cooked   125 mL (1/2 cup)   3.4     Meatless meatballs   150 g   3.2     Tofu, firm or extra firm, or edamame, cooked   150 g (3/4 cup)   2.4     Tahini (sesame seed butter)   30 mL (2 tbsp)   2.3     Chickpeas   175 mL (3/4 cup)   2.2     Swiss chard or beet greens, cooked   125 mL (1/2 cup)   1.5 to 2.1     Potato, baked with skin   1 medium   1.9     Bagel   ½ bagel   1.9     Seawed, agar (dried)   8 g (1/2 cup)   1.7     Prune puree   60 mL (1/4 cup)   1.7     Quinoa, cooked   125 mL (1/2 cup)   1.5     Eggs   2   1.4     Quick or large flake oats, prepared   175 mL (3/4 cup)   1.4     Almonds, walnuts, or pecans   60 mL (1/4 cup)   0.8 to 1.3     Green peas, cooked   125 mL (1/2 cup)   1.3     White bread   35 g (1 slice)   1.3     Egg noodles with added iron   125 mL (1/2 cup)   1.2     Sunflower seeds/ kernels, dry roasted   60 mL (1/4 cup)   1.2     Tomato sauce, canned   125 mL (1/2 cup)   1.2     Sauerkraut   125 mL (1/2 cup)   1.1     Soy beverage   250 mL (1 cup)   1.1     Soy beverage   250 mL (1 cup)   0.9     Dried apricots or raisins   60 mL (1/4 cup)   0.7 to 0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9     Whole wheat pasta, cooked   125 mL (1/2 cup)   0.9	Blackstrap molasses	15 mL (1 tbsp)	3.6
Spinach, cooked         125 mL (1/2 cup)         3.4           Meatless meatballs         150 g         3.2           Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         125 mL (1/2 cup)         1.2           Sunflower seeds/ kernels, dry roasted         60 mL (1/4 cup)         1.2           Sauerkraut <td< td=""><td>Hot cereal with added iron</td><td></td><td>3.4</td></td<>	Hot cereal with added iron		3.4
Tofu, firm or extra firm, or edamame, cooked         150 g (3/4 cup)         2.4           Tahini (sesame seed butter)         30 mL (2 tbsp)         2.3           Chickpeas         175 mL (3/4 cup)         2.2           Swiss chard or beet greens, cooked         125 mL (1/2 cup)         1.5 to 2.1           Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         125 mL (1/2 cup)         1.2           Sunflower seeds/ kernels, dry roasted         60 mL (1/4 cup)         1.2           Tomato sauce, canned         125 mL (1/2 cup)         1.1           Soy beverage         250 mL (1 cup)         1.1           Soy beverage	Spinach, cooked		3.4
Tahini (sesame seed butter)       30 mL (2 tbsp)       2.3         Chickpeas       175 mL (3/4 cup)       2.2         Swiss chard or beet greens, cooked       125 mL (1/2 cup)       1.5 to 2.1         Potato, baked with skin       1 medium       1.9         Bagel       ½ bagel       1.9         Seaweed, agar (dried)       8 g (1/2 cup)       1.7         Prune puree       60 mL (1/4 cup)       1.7         Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35	Meatless meatballs	150 g	3.2
Tahini (sesame seed butter)       30 mL (2 tbsp)       2.3         Chickpeas       175 mL (3/4 cup)       2.2         Swiss chard or beet greens, cooked       125 mL (1/2 cup)       1.5 to 2.1         Potato, baked with skin       1 medium       1.9         Bagel       ½ bagel       1.9         Seaweed, agar (dried)       8 g (1/2 cup)       1.7         Prune puree       60 mL (1/4 cup)       1.7         Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35	Tofu, firm or extra firm, or edamame, cooked	150 g (3/4 cup)	2.4
Chickpeas       175 mL (3/4 cup)       2.2         Swiss chard or beet greens, cooked       125 mL (1/2 cup)       1.5 to 2.1         Potato, baked with skin       1 medium       1.9         Bagel       ½ bagel       1.9         Seaweed, agar (dried)       8 g (1/2 cup)       1.7         Prune puree       60 mL (1/4 cup)       1.7         Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125	Tahini (sesame seed butter)	30 mL (2 tbsp)	2.3
Potato, baked with skin         1 medium         1.9           Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         125 mL (1/2 cup)         1.2           Sunflower seeds/ kernels, dry roasted         60 mL (1/4 cup)         1.2           Tomato sauce, canned         125 mL (1/2 cup)         1.2           Sauerkraut         125 mL (1/2 cup)         1.1           Soy beverage         250 mL (1 cup)         1.1           Spinach, raw         250 mL (1 cup)         0.9           Dried apricots or raisins         60 mL (1/4 cup)         0.7 to 0.9           Whole wheat bread         35 g (1 slice)         0.9           Whole wheat pasta, cooked         125 mL (1/2 cup)	Chickpeas		2.2
Bagel         ½ bagel         1.9           Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         1.4           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         125 mL (1/2 cup)         1.2           Sunflower seeds/ kernels, dry roasted         60 mL (1/4 cup)         1.2           Tomato sauce, canned         125 mL (1/2 cup)         1.2           Sauerkraut         125 mL (1/2 cup)         1.1           Soy beverage         250 mL (1 cup)         1.1           Spinach, raw         250 mL (1 cup)         0.9           Dried apricots or raisins         60 mL (1/4 cup)         0.7 to 0.9           Whole wheat bread         35 g (1 slice)         0.9           Whole wheat pasta, cooked         125 mL (1/2 cup)         0.8	Swiss chard or beet greens, cooked	125 mL (1/2 cup)	1.5 to 2.1
Seaweed, agar (dried)         8 g (1/2 cup)         1.7           Prune puree         60 mL (1/4 cup)         1.7           Quinoa, cooked         125 mL (1/2 cup)         1.5           Eggs         2         1.4           Quick or large flake oats, prepared         175 mL (3/4 cup)         0.8 to 1.3           Almonds, walnuts, or pecans         60 mL (1/4 cup)         0.8 to 1.3           Green peas, cooked         125 mL (1/2 cup)         1.3           White bread         35 g (1 slice)         1.3           Egg noodles with added iron         125 mL (1/2 cup)         1.2           Sunflower seeds/ kernels, dry roasted         60 mL (1/4 cup)         1.2           Tomato sauce, canned         125 mL (1/2 cup)         1.2           Sauerkraut         125 mL (1/2 cup)         1.1           Soy beverage         250 mL (1 cup)         1.1           Spinach, raw         250 mL (1 cup)         0.9           Dried apricots or raisins         60 mL (1/4 cup)         0.7 to 0.9           Whole wheat bread         35 g (1 slice)         0.9           Whole wheat pasta, cooked         125 mL (1/2 cup)         0.8	Potato, baked with skin	1 medium	1.9
Prune puree       60 mL (1/4 cup)       1.7         Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Bagel	½ bagel	1.9
Prune puree       60 mL (1/4 cup)       1.7         Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Seaweed, agar (dried)	8 g (1/2 cup)	1.7
Quinoa, cooked       125 mL (1/2 cup)       1.5         Eggs       2       1.4         Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Prune puree		1.7
Quick or large flake oats, prepared       175 mL (3/4 cup)       1.4         Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8			1.5
Almonds, walnuts, or pecans       60 mL (1/4 cup)       0.8 to 1.3         Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Eggs	2	1.4
Green peas, cooked       125 mL (1/2 cup)       1.3         White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Quick or large flake oats, prepared	175 mL (3/4 cup)	1.4
White bread       35 g (1 slice)       1.3         Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8		60 mL (1/4 cup)	0.8 to 1.3
Egg noodles with added iron       125 mL (1/2 cup)       1.2         Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Green peas, cooked	125 mL (1/2 cup)	1.3
Sunflower seeds/ kernels, dry roasted       60 mL (1/4 cup)       1.2         Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	White bread	35 g (1 slice)	1.3
Tomato sauce, canned       125 mL (1/2 cup)       1.2         Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Egg noodles with added iron	125 mL (1/2 cup)	1.2
Sauerkraut       125 mL (1/2 cup)       1.1         Soy beverage       250 mL (1 cup)       1.1         Spinach, raw       250 mL (1 cup)       0.9         Dried apricots or raisins       60 mL (1/4 cup)       0.7 to 0.9         Whole wheat bread       35 g (1 slice)       0.9         Whole wheat pasta, cooked       125 mL (1/2 cup)       0.8	Sunflower seeds/ kernels, dry roasted	60 mL (1/4 cup)	1.2
Soy beverage         250 mL (1 cup)         1.1           Spinach, raw         250 mL (1 cup)         0.9           Dried apricots or raisins         60 mL (1/4 cup)         0.7 to 0.9           Whole wheat bread         35 g (1 slice)         0.9           Whole wheat pasta, cooked         125 mL (1/2 cup)         0.8	Tomato sauce, canned	125 mL (1/2 cup)	1.2
Spinach, raw         250 mL (1 cup)         0.9           Dried apricots or raisins         60 mL (1/4 cup)         0.7 to 0.9           Whole wheat bread         35 g (1 slice)         0.9           Whole wheat pasta, cooked         125 mL (1/2 cup)         0.8	Sauerkraut	125 mL (1/2 cup)	1.1
Dried apricots or raisins $60 \text{ mL} (1/4 \text{ cup})$ $0.7 \text{ to } 0.9$ Whole wheat bread $35 \text{ g } (1 \text{ slice})$ $0.9$ Whole wheat pasta, cooked $125 \text{ mL} (1/2 \text{ cup})$ $0.8$	Soy beverage	250 mL (1 cup)	1.1
Whole wheat bread35 g (1 slice)0.9Whole wheat pasta, cooked125 mL (1/2 cup)0.8	Spinach, raw	250 mL (1 cup)	0.9
Whole wheat pasta, cooked 125 mL (1/2 cup) 0.8	Dried apricots or raisins	60 mL (1/4 cup)	0.7 to 0.9
	Whole wheat bread	35 g (1 slice)	0.9
	Whole wheat pasta, cooked	125 mL (1/2 cup)	0.8
Asparagus or sirced occis, cooked 0 spears 0.7 to 0.8	Asparagus or sliced beets, cooked	6 spears	0.7 to 0.8

g = gram, mg = milligram, mL = milliliter, tbsp = tablespoon

Source: Canadian Nutrient File

<sup>\*</sup>If you are pregnant, limit liver and liver products to 75g ( $2\frac{1}{2}$  ounces) per week. Liver is high in vitamin A. Too much vitamin A may cause birth defects.

<sup>\*\*</sup>Pacific oysters from British Columbia tend to be higher in cadmium. Limit intake to 12 per month for adults and 1.5 per month for children.