



Soaring Crane Natural Health Center

209 W Cedar Ave. Palmer, AK 99645. 907.745.3999. soaringcraneclinic.com

Foods High In Iron

Daily Requirement for Iron

Age	Males (mg/day)	Females (mg/day)	Pregnancy (mg/day)	Lactation (mg/day)
7-12 mo	11	11	N/A	N/A
1 – 3 yrs	7	7	N/A	N/A
4 – 8 yrs	10	10	N/A	N/A
9 – 13 yrs	8	8	N/A	N/A
14 – 18 yrs	11	15	27	10
19 – 50 yrs	8	18	27	9
51+ yrs	8	8	N/A	N/A

Excellent Iron Foods

(2-5 mg per serving)

Liver, kidney, heart (1oz)	Sunflower seeds, hulled (1/4 cup)
Prune Juice (1/2 cup)	Kidney or Pinto bean, cooked (1/2 cup)
Oysters or Clams, shelled (1 oz)	Parsley
Mushrooms	Pima, lentil, Navy beans (1/2 cup cooked)
Molasses (1T)	Pork and Beans (1/4 cup)
Pork, Beef (3oz)	Dark green vegetables
Leeks (1/2 cup cooked)	Swiss Chard (1/2 cup cooked)

Good Iron Foods

(1-2 mg per serving)

Walnuts (1/4 cup)	Dates (5 medium)
Mustard Greens (1/2 cup cooked)	Prunes (1/4 cup)
Soy milk (1 cup)	Tomato Juice (1/2 cup)
Almonds (1/4 cup)	Split peas (1/2 cup cooked)
Chicken or Turkey (3 oz)	Liverwurst (1 oz)
Wheat Germ (2T)	Tortilla (1)
Sardines (1oz)	Peas (1/2 cup)
Dandelion Greens (1/2 cup cooked)	Brewers Yeast (1T)
Butternut Squash (1/2 cup)	Figs/Raisins (1/4 cup)



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Fair Iron Foods
(1/2 – 1mg per serving)