

# Top Iron Rich Foods



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**Oysters**

3 oz | 8 mg

**Dark chocolate  
(45%-69% cacao)**

3 oz | 7 mg



**Beef Liver**

3 oz | 5 mg

**Lentils, Boiled**

1/2 Cup | 3 mg



**Tofu**

1/2 Cup | 3 mg

**Spinach, Boiled**

1/2 Cup | 3 mg



**Sardines**

3 oz | 2 mg

**Kidney Beans,  
Canned**

1/2 Cup | 2 mg



**Tomatoes,  
Stewed**

1/2 Cup | 2 mg

**Chickpeas, Boiled  
& Drained**

1/2 Cup | 2 mg



**Cashews**

1 oz | 2 mg

**Beef**

3 oz | 2 mg



**Whole Wheat  
Bread**

1 slice | 1 mg

**Chicken or  
Turkey**

3 oz | 3 mg



**Egg, Hard-Boiled**

1 Egg | 1 mg

**Raisins**

1/4 Cup | 1 mg



Reference: Dietary Supplements Fact Sheet: Iron.  
National Institutes of Health Office of Dietary Supplements.

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