



## Iron Requirements

Iron is the core mineral in blood that enables red blood cells to carry and distribute oxygen throughout the body. Iron is also vital to energy production, fat metabolism and immune function.

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

| AGE GROUPS            | STANDARD DAILY ALLOWANCES |
|-----------------------|---------------------------|
| Child                 | 7 – 10 mg                 |
| Adolescent            | 8 mg                      |
| Adult                 | ♀ 8 – 18 mg / ♂ 8 – 11 mg |
| Pregnancy & Lactation | 9 – 27 mg                 |

Your optimal iron dosage is \_\_\_\_\_.

## Food Sources of Iron

### Fruits

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- dates (1.82mg/cup)
- blackberries (0.89mg/cup)
- raspberries (0.85mg/cup)
- strawberries (0.68mg/cup)
- grapes, red or green (0.58mg/cup)
- pineapple (0.45mg/cup)
- peach (0.43mg/cup)
- blueberries (0.41mg/cup)
- banana (0.39mg/cup)
- nectarine (0.38mg/cup)
- watermelon (0.36g/cup)
- cantaloupe (0.34mg/cup)

### Vegetables *(raw unless otherwise stated)*

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- spinach, boiled (6.43mg/cup)
- olives (4.44mg/cup)
- swiss chard, boiled (3.96mg/cup)
- shiitake mushrooms (3.59mg/cup)
- kelp (2.28mg/cup)
- brussel sprouts, boiled (1.87mg/cup)
- sweet potato, baked with skin (1.72mg/cup)
- broccoli, steamed (1.37mg/cup)
- beets, boiled (1.34mg/cup)
- asparagus, boiled (1.31mg/cup)
- kale, boiled (1.17mg/cup)
- turnip greens, boiled (1.15mg/cup)
- leeks, boiled (1.14mg/cup)
- crimini mushrooms (1.00mg/cup)
- mustard greens, boiled (0.98mg/cup)
- collard greens, boiled (0.87mg/cup)
- tomato (0.81mg/cup)
- parsley (0.46mg/2 tsp)

## Food Sources of Iron



# Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

## Nuts & Seeds *(raw unless otherwise stated)*

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- sesame seeds (5.24mg/2 tbsp)
- pumpkin seeds (5.16mg/2 tbsp)
- cashew, roasted (1.70mg/18 nuts)
- hazelnuts (1.33mg/18 nuts)
- chestnut (1.30mg/cup)
- pistachio, dry roasted (1.19mg/47 nuts)
- sunflower seeds (1.08mg/2 tbsp)
- almonds (1.05mg/24 nuts)
- pine nuts (0.96mg/2 tbsp)
- walnuts (0.82mg/14 halves)
- macadamias (0.75mg/12 nuts)
- pecans (0.72mg/20 halves)
- brazil nuts (0.69mg/8 nuts)
- peanuts, dry roasted (0.64mg/28 nuts)

## Beans & Legumes *(cooked unless otherwise stated)*

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- soybeans (8.84mg/cup)
- lentils (6.59mg/cup)
- kidney beans (5.20mg/cup)
- chickpeas (4.74mg/cup)
- navy beans (4.51mg/cup)
- lima beans (4.49mg/cup)
- pinto beans (4.46mg/cup)
- cowpeas (4.32mg/cup)
- great northern beans (3.77mg/cup)
- black beans (3.61mg/cup)
- split peas (2.53mg/cup)
- green peas (2.46mg/cup)
- green beans (1.60mg/cup)
- mung beans, raw sprouts (0.94mg/cup)

## Grains *(cooked unless otherwise stated)*

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- oat bran (5.09mg/cup)
- barley, pearled (2.09mg/cup)
- rice, white (1.90mg/cup)
- bulgur (1.75mg/cup)
- buckwheat groats (1.34mg/cup)
- rice, wild (0.98mg/cup)
- rice, brown (0.82mg/cup)

## Meats, Poultry & Fish *(roasted or broiled)*

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- chicken liver (12.80mg/100 g)
- beef liver (6.16mg/100 g)
- ground beef, 75% lean (2.36mg/100 g)
- turkey, dark meat (2.30mg/100g)
- lamb, shank (2.11mg/100 g)
- haddock (1.35mg/100 g)
- halibut (1.07mg/100 g)

## Other

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- tofu, raw (5.38mg/100 g)
- thyme, dried (1.78 mg/tsp)
- blackstrap molasses (1.19mg/tsp)
- turmeric (0.94mg/tsp)
- celery seed (0.90mg/tsp)
- cinnamon (0.86mg/tsp)
- oregano (0.66mg/tsp)
- curry powder (0.59mg/tsp)

USDA. National Nutrient Database for Standard Reference (release 21). <http://www.ars.usda.gov/Services/docs.htm?docid=17477>

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>

Health Canada. Dietary Reference Intakes for Elements. [http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_elements\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php)