

Enjoy an iron-fortified cereal two or three times weekly. Taken without milk, these cereals can be delicious snacks, especially if combined with dried fruits.

Use dark green leafy vegetables often. A spinach salad with hard-boiled eggs and sunflower seeds would be a nutritious iron-rich luncheon dish.

Include liver in you diet weekly. Try stir-fried chicken livers with steamed fresh vegetables and rice, or a liverwurst sandwich on rye or whole wheat.

These foods are listed from the highest value of iron to foods try to have three servings each day of foods from this list.

***molasses, blackstrap - 1 tbs. - 3 times a day***

beef, calves, chicken liver - 3oz  
pumpkin seeds - 1 cup  
Cream of Wheat (cooked) - 1 cup  
beef kidney - 3 oz  
sunflower seeds - 1 cup  
dried peaches - 1 cup  
prune juice - 1 cup  
black walnuts - 1 cup  
clams (canned) - 1 cup  
lima beans (cooked) - 1 cup  
pork and beans (canned)- 1 cup  
almonds - 1 cup  
beef, lean ground - 4oz  
pork shoulder, smoked - 4oz  
pork, fresh - 4oz  
navy beans (cooked) - 1 cup  
cashews - 1 cup  
dates - 1 cup  
raisins - 1 cup  
ham (cured) - 4oz  
chili with beans (canned) - 1 cup  
corned beef hash (canned) - 1 cup  
beans, great northern or kidney (cooked) - 1 cup  
lentils, soybeans (cooked) - 1 cup  
Lima beans (cooked -1 cup  
apricots (dried) - 1 cup

prunes (dried) – 10  
asparagus, (canned or steamed) - 1 cup  
beef chuck - 3oz  
ground pork, fresh - 4oz  
turkey, dark meat - 4oz  
stuffed peppers -rice, ground meat, 1 pepper  
spaghetti with meat sauce - 1 cup  
dry/split peas (cooked) - 1 cup  
green peas (canned) - 1 cup  
spinach (cooked) - 1 cup  
spinach (fresh) - 3 cups  
prunes (canned) - 1 cup  
cereals, iron-fortified - 1 cup  
gingerbread, 2" X 2" square  
oyster stew - 1 cup  
corned beef - 3oz  
lamb - 3oz  
veal cutlet or loin - 3oz  
chicken, dark meat - 4oz  
crab, deviled - 1 cup  
sardines - 3oz  
shrimp (cooked) - 3oz  
lobster meat (cooked) – 5 oz  
tuna - 3oz  
beet greens, Swiss chard,  
mustard greens (cooked) - 1 cup  
syrup, maple or sorghum - 1 Tbs.  
Source: USDA