

## Iron content in common foods

This table compares the iron content of some common foods. The iron from foods in the shaded area is best absorbed by the body. The recommended intake for pregnancy is 27 mg per day.

Food	Quantity	Iron (milligrams)
<b>Meat</b>		
Beef, lean	100g	2.5- 4
Veal, lean	100g	2.1
Lamb, lean	100g	2.5
Pork, lean	100g	1.1
Chicken, lean	100g	0.9-1.2
<b>Fish</b>		
White	100g	0.2-0.8
Tuna	100g	1.0-1.3
Salmon	100g	1.7
Sardines	5 small	2.0
Oysters	6	4.6
<b>Egg</b>		
	1 medium	0.9
<b>Baked beans</b>		
	2/3 cup	2.9
<b>Lentils/pulses/dried beans (cooked)</b>		
	2/3 cup	2.9-3.4
<b>Nuts</b>		
Peanuts	50g	1.2
Peanut butter	1 tablespoon	0.5
Cashews	50g	2.6
Almonds	50g	1.8
Pine nuts	50g	2.0
<b>Bread</b>		
Wholemeal/wholegrain	1 slice	0.5
White	1 slice	0.3
<b>Cereals</b>		
Cornflakes	1 cup	3.0
Rice Bubbles	1 cup	3.0
Bran Flakes	1 cup	2.7
Weet-Bix	2	3.0
Muesli	1 cup	5.0
All-Bran	1 cup	4.0
Oats, boiled (porridge)	1 cup	1.3
(Many cereals have iron added. Check labels)		
<b>Rice</b>		
White (cooked)	1 cup	0.6
Brown (cooked)	1 cup	0.9
<b>Pasta (cooked)</b>		
	1 cup	0.6
<b>Dried fruit</b>		
Dried apricots	½ cup	2.1
Sultanas	½ cup	1.7
<b>Fresh fruit</b>		
	100g (small apple size)	0.2-0.7
<b>Vegetables</b>		
Spinach, cooked	1/3 cup	1.5
Broccoli	1/3 cup	0.6
Carrot	1/3 cup	0.2
Potato	1 small	0.5
<b>Milk</b>		
	1 cup	0.3
<b>Cheese</b>		
	1 slice	0.1
<b>Milo</b>		
	2 heaped teaspoons (9g)	2.2