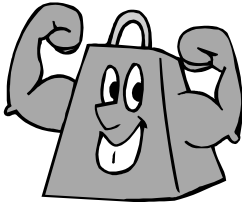


# Iron



Iron is an essential component of proteins involved in oxygen transport and the regulation of cell growth, two-thirds of which is found in hemoglobin.

The Recommended Dietary Allowances of Iron consumption per day for these specific age groups are as follows:

Age (years)	Males (mg/day)	Females (mg/day)	Pregnancy (mg/day)	Lactation (mg/day)
14 to 18	11	15	27	10
19 to 50	8	18	27	9
51+	8	8	N/A	N/A

Iron deficiency has been labeled the number one nutritional disorder by the World Health Organization. Approximately 30% of the world's population has iron deficiency anemia, which is the advanced stage of iron depletion in the body. The following are signs of iron deficiency anemia:

- Feeling tired and weak
- Decreased work and school performance
- Slow cognitive and social development during childhood
- Difficulty maintaining body temperature
- Decreased immune function, which increases susceptibility to infection
- Glossitis (an inflamed tongue)



Because of the key part that Iron plays in the body's ability to function, it is important that you consume the proper amount of Iron each day. The following foods are sources of iron:

## Animal Based Foods

Food Description	Milligrams per serving	%DV*
Chicken liver, cooked, 3 ½ oz.	12.8	70%
Oysters, breaded and fried, 6 pieces	4.5	25%
Beef, chuck, lean only, braised, 3 oz.	3.2	20%
Clams, breaded, fried, ¾ cup	3.0	15%
Beef, tenderloin, roasted, 3 oz.	3.0	15%
Turkey, dark meat, roasted, 3 ½ oz.	2.3	10%
Beef, eye of round, roasted, 3 oz.	2.2	10%
Turkey, light meat, roasted, 3 ½ oz.	1.6	8%
Chicken, leg, meat only, roasted, 3 ½ oz.	1.3	6%

Halibut, cooked, dry heat, 3 oz.	0.9	6%
Crab, blue crab, cooked, moist heat, 3 oz.	0.8	4%
Pork, loin, broiled, 3 oz.	0.8	4%
Tuna, white, canned in water, 3 oz.	0.8	4%
Shrimp, mixed species, cooked, moist heat, 4 large	0.7	4%

### Non-Animal Based Foods

Food Description	Milligrams per serving	%DV*
Ready-to-eat cereal, 100% iron fortified, $\frac{3}{4}$ cup	18.0	100%
Oatmeal, instant, fortified, prepared with water, 1 cup	10.0	60%
Soybeans, mature, boiled, 1 cup	8.8	50%
Lentils, boiled, 1 cup	6.6	35%
Quinoa, cooked, 1 cup	6.3	35%
Beans, kidney, mature, boiled, 1 cup	5.2	25%
Chickpeas, cooked, 1 cup	4.7	26%
Beans, lima, large, mature, boiled, 1 cup	4.5	25%
Beans, navy, mature, boiled, 1 cup	4.5	25%
Ready-to-eat cereal, 25% iron fortified, $\frac{3}{4}$ cup	4.5	25%
Veggie Burger, commercial, 1 patty	1.1-4.5	6-25%
Swiss chard, cooked, 1 cup	4.0	22%
Tempeh, 1 cup	3.8	21%
Beans, black, mature, boiled, 1 cup	3.6	20%
Beans, pinto, mature, boiled, 1 cup	3.6	20%
Molasses, blackstrap, 1 Tbsp	3.5	20%
Tofu, raw, firm, $\frac{1}{2}$ cup	3.4	20%
Bagel, enriched, 3 oz.	3.2	20%
Turnip greens, cooked, 1 cup	3.2	20%
Spinach, boiled, drained, $\frac{1}{2}$ cup	3.2	20%
Prune juice, 8 oz.	3.0	17%
Beet greens, cooked, 1 cup	2.7	15%
Tahini, 2 Tbsp	2.6	14%
Spinach, canned, drained, solids, $\frac{1}{2}$ cup	2.5	10%
Cashews, $\frac{1}{4}$ cup	2.0	11%
Figs, dried, 5 medium	2.0	11%
Seitan, 4 oz.	2.0	11%
Spinach, frozen, chopped, boiled, $\frac{1}{2}$ cup	1.9	10%
Black-eyes peas (cowpeas), boiled, 1 cup	1.8	10%
Bok choy, cooked, 1 cup	1.8	10%
Bulgar, cooked, 1 cup	1.7	9%
Apricots, dried, 10 halves	1.6	9%
Grits, white, enriched, quick, prepared with water, 1 cup	1.5	8%
Raisins, seedless, packed, $\frac{1}{2}$ cup	1.5	8%
Potato, 1 large	1.4	8%

Soy yogurt, 6 oz.	1.4	8%
Tomato juice, 8 oz.	1.4	8%
Veggie hot dog, 1	1.4	8%
Almonds, ¼ cup	1.3	7%
Peas, cooked, 1 cup	1.3	7%
Green beans, cooked, 1 cup	1.2	7%
Kale, cooked, 1 cup	1.2	7%
Sesame seeds, 2 Tbsp	1.2	7%
Sunflower seeds, ¼ cup	1.2	7%
Broccoli, cooked, 1 cup	1.1	6%
Brussels sprouts, cooked, 1 cup	1.1	6%
Millet, cooked, 1 cup	1.0	6%
Prunes, 5 medium	1.0	6%
Watermelon, 1/8 medium	1.0	6%
Whole wheat bread, 1 slice	0.9	6%
White bread, enriched, 1 slice	0.9	6%

\*DV = Daily Value

UNCW Health Promotion • Student Recreation Center 104  
910-962-4135  
[www.uncw.edu/healthpromo](http://www.uncw.edu/healthpromo)

Sources:

1. <http://ods.od.nih.gov/factsheets/iron.asp>