

# DRS BEAMER, CARLON & CRAIGEN, S.C.

1011 West Lake Street • Suite 300 • Oak Park, IL 60301  
Tel. 708-628-0600 • Fax 708-628-0608 • www.DoctorDivas.com

## FOOD SOURCES OF IRON:

The overall best source of iron is liver, followed by red meats, beans, dark meat poultry, green leafy vegetables and whole-wheat grains. And don't forget blackstrap molasses. called "black gold:" Some dry cereals high in iron are Product 19, Total, All Bran, Life and Wheaties. However, some of these may have a high salt content.

### SOME FOOD SOURCES OF IRON

<b>Food</b>	<b>Portion</b>	<b>iron(mg)</b>
calf's liver	3 oz	12.1
beef liver	4 oz	10.0
roast beef	4 oz	4.1
prune juice	1/2cup	5.3
ground beef, lean	4 oz	4.0
turkey meat, dark	4 oz	7.6
turkey meat, light	4 oz	1.3
clams	3 oz, cooked	4.0
kidney beans	3 oz, cooked	6.8
lima beans	1/2 cup	2.9
apricots, dried	1/4 cup	1.8
broccoli, raw	1 stalk	1.7
spinach, raw, chopped	1 cup	1.7
peas, fresh, cooked	1/2 cup	1.5
raisins	1/4 cup	1.3
haddock	4 oz	1.2
codfish	4 oz	1.2
cucumbers	1 med	2.6
liverwurst	2 oz	3.0
oysters	6-8 (4 oz)	6.6
sunflower seeds	1/2 cup	2.6
peanuts (roasted)	13/4 OZ	1.0
almonds	13/4 OZ	2.4
egg(poached)	1	1.2
potato chips	3 1/2 oz	1.3
peanut butter	1 3/4OZ	1.0
salmon	3 1/2 oz	1.2
squash	3 1/2 oz	1.9
tunafish	3 1/2oz	1.9
ham	3 1/2- oz	2.9
hamburger (lean)	3 1/2 oz	5.0
chocolate, bittersweet	1 oz	1.4

Recommended Daily Requirement Women 18 mgs

Recommended Daily Requirement Men 10 mgs

**Michele F. Carlon, M.D.**

Board Certified in Internal Medicine

Revised Feb 9th 2006

**Emily K. Beamer, M.D.,**

Board Certified in Internal Medicine & Pediatrics

page 1 of 1

**Rhea Craigen, M.D.,**

Board Certified in Family Medicine