FOODS CONTAINING IRON

Iron content in mg per 100g

MEAT, FISH

BLACK PUDDING	30
PORK LIVER	18
BRESAOLA (BEEF HAM)	10
VEAL LIVER	7.5
OYSTERS	5.8
LIVER SAUSAGE	3
CHICKEN, DUCK, SARDINES	2.5
BEEF	2.1
SHRIMP	1.8
PORK	1.4
HAM	1.1
TUNA, MACKEREL	1.0
CHICKEN	0.7
POLLOCK	0.2

CEREALS, GRAIN PRODUCTS

WHEAT BRAN	15
MILLET	9
WHEAT GERM	7.6
OATMEAL	4.6
GREEN SPELT	4.2
BUCKWHEAT	3.5
WHOLE-GRAIN RYE BREAD	2.5
RYE FLOUR	2.1
BROWN RICE	1.7
WHEAT FLOUR	1.5
RUSK	1.3
WHITE BREAD	1.2
COARSE SEMOLINA	1.1
WHITE RICE	0.6

NUTS, SEEDS

PUMPKIN SEEDS	11.2
SESAME SEEDS	10
PINE NUTS	9.2
FLAXSEEDS	8.2
PISTACHIOS	7.5
ALMONDS	4.2
HAZELNUTS	3.7
WALNUTS	2.5
PEANUTS	2.4

SPICES, HERBS

CARDAMOM	100
DRIED PARSLEY	97.8
DRIED SPEARMINT	87.5
CINNAMON	38.1
DRIED NETTLES	32.3

FOODS CONTAINING IRON

Iron content in mg per 100g

VEGETABLES, LEGUMES

DRIED SOYBEANS	9.7
DRIED LENTILS	8
DRIED WHITE BEANS	7
MUNG BEANS	6.8
CHANTERELLES	6.5
DRIED CHICKPEAS	6.1
TOFU	5.4
SALSIFY	3.3
SPINACH, FENNEL	2.7
CARROTS	2.1
PEAS, GREEN CABBAGE	1.9
ZUCCHINI	1.5
BROCCOLI	1.3
BRUSSELS SPROUTS	1.1
LETTUCE, GREEN BEANS	1
BUTTON MUSHROOMS, CEPS	1
LEEKS, ASPARAGUS, BEETS	0.9
TOMATOES, CUCUMBER, KOHLRABI,	0.5
RED CABBAGE, SAUERKRAUT	0.5
POTATOES	0.3

EGGS, DAIRY PRODUCTS

EGG YOLKS	5.5
SOY MILK	0.4
CHEESE	0.3
SOFT CHEESE	0.2
MILK, YOGURT	0.1
EGG WHITES	0.1

FRUIT, DRIED FRUIT

RAISINS, PRUNES	2.3
BLUEBERRIES, LEMONS	0.5
APRICOTS, STRAWBERRIES, CHERRIES, GRAPES	0.4
KIWIS, TANGERINES, PEACHES, BANANAS	0.4
PINEAPPLES, PLUMS, RHUBARB	0.3
APPLES, PEARS, MELONS	0.2
ORANGES	0.1