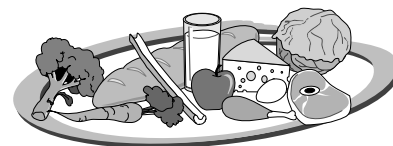


IRON INDICATOR

Recommended intakes for individuals for iron in milligrams (mg)/day are:

Age	Males	Females
9–13 years	8 mg	8 mg
14–18 years	11 mg	15 mg
19–50 years	8 mg	18 mg



Here's a handy tool to help you make food choices to help you increase your iron intake. Foods typed in **bold** font contain more easily absorbed heme iron. Foods marked with * could be high in fat. Percentages refer to % Daily Value (DV). The DV is 14 mg iron/day.

0–0.9 mg iron/serving or 0–6% DV	1–1.9 mg iron/serving or 7–14% DV	2–2.9 mg iron/serving or 14–21% DV	3 or more mg iron/serving or > 21% DV
GRAIN PRODUCTS	1 Serving = 1 slice bread or 125 mL (½ c) cooked cereal/pasta/rice or 30g ready-to-eat cereal (check the label for the volume) or equivalent as indicated.		
All bread, dinner rolls; Red River cereal™; puffed or shredded wheat, non-enriched granola*; couscous, pasta, rice; pancake; plain muffin; ½ English muffin, hamburger or hot dog bun.	Regular (non-enriched) cream of wheat or oatmeal; barley; enriched pasta; frozen pancake or waffle; bran muffin*; ½ bagel.	Quinoa.	Enriched hot cereals such as instant cream of wheat or instant oatmeal; enriched cold cereals; bran cereals.
VEGETABLES AND FRUIT	1 Serving = 125 mL (½ c) or equivalent as indicated. Fruits and juices are based on unsweetened varieties.		
All fruit and vegetables (except those listed).	Brussels sprouts, mushrooms, green peas, snow peas, pumpkin, canned cherries, plums; prune juice; 60 mL dried apricots, currants, figs, prunes, raisins.	Potato baked with skin; lima beans.	<i>Note: Iron from some vegetables (such as spinach and beets) is not readily absorbed.</i>
MILK PRODUCTS	1 Serving = 250 (1 c) or 50 g (1½ oz) cheese or equivalent as indicated.		
All milk products.	Soy-based beverage; 50 mL goat cheese.		
MEAT AND ALTERNATIVES	1 Serving = 90 g (3 oz) cooked, lean meat, fish or poultry (visible fat and/or skin removed) or 250 mL (1 c) cooked/canned legumes (e.g., kidney beans, chickpeas, lentils) or equivalent as indicated.		
All fish (except those listed); 15 mL liver pâté*; 1 wiener*; 30 mL peanut butter*, 60 mL peanuts.	Bass, herring, mackerel*, pickerel, trout, tuna; veal; pork, ham; lamb; chicken; turkey light meat; duck; 15 mL liverwurst* ; 2 eggs; 60 mL almonds*, brazil nuts*, filberts*, mixed nuts*, roasted soy nuts*.	Sardines; crab, shrimp; ground beef, all beef cuts; turkey dark meat; split peas; 30 mL sesame tahini; 60 mL hummus*; 60 mL cashew nuts*, sunflower seeds*.	Clams, mussels, oysters; organ meats (liver, kidney, heart); all beans, chickpeas, lentils, tofu; 60 mL pine nuts*, pumpkin seeds*.
COMBINATION DISHES	1 Serving = 250 mL (1 c) or equivalent as indicated.		
1 slice pizza*.	Stew* ; macaroni and cheese*; clam chowder; beef noodle, minestrone, tomato, vegetable beef soup.	Beef or chicken pot pie* ; small hamburger* or cheeseburger* ; fast food fish sandwich* .	Burrito with beef; deluxe burger* ; pasta with meat sauce ; beef sandwich ; split pea with ham soup; fortified energy bars (check label).
OTHER FOODS CATEGORY	1 Serving = 15 mL (1 Tbsp) or equivalent as indicated. Other foods can be included in moderation if you have sufficient servings from the other food groups.		
	15 mL molasses.	Gingerbread from mix.	15 mL blackstrap molasses.

