

Vegan



Gloria Cicchini
Naturopath



Kidney Beans
1/2 cup
2mg Iron



Pine Nuts
3 tablespoons
2mg Iron



Rye Bread
1 slice
1.4mg Iron



Sultanas
37 grams
0.74mg Iron



Chickpeas
100 grams
6.2mg Iron



Cashews
20 nuts
1.5mg Iron



Lentils
1 cup
3mg Iron



Broccoli
1 cup
0.86mg Iron



Potato
1 small
0.5mg Iron



Cooked Spinach
1/2 cup
2.2mg Iron



Green Beans
1/2 cup
1mg Iron



Pistachios
50 grams
2ma Iron



Baked Beans
140 gram tin
3ma Iron



Soy Milk
1 cup
1.6ma Iron



Black Strap Molasses
1 tablespoon
2.3mg Iron



Asparagus
5 spears
1mg Iron



Beetroot
3 slices
1.2mg Iron



Tofu
100 grams
5.2mg Iron



Brown Rice
1/2 cup cooked
0.35mg Iron



Almonds
30 grams
1.1mg Iron



Prunes
6 prunes
0.55mg Iron

Important Tips

- In order to improve the bioavailability of plant-based Iron, ensure you soak legumes and blanch leafy green vegetables to reduce oxalate and phytate content. This will enhance Iron absorption.
- Never have Iron rich foods with tea as tannins in tea prevent Iron absorption in the gut.

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The following table gives the approximate total of iron that someone should commonly eat as the recommended intake. During pregnancy, Women require 27mg of Iron per day.

Iron

Iron is an essential nutrient involved in multiple biochemical and physiological reactions in the body and is used to transport oxygen around the body. The brain uses iron to manufacture the neurotransmitters melatonin and dopamine. The thyroid uses iron to convert thyroid hormone into its active form and the mitochondria uses iron to produce ATP.

Age	Male	Female
Adults	8mg	8mg or 18mg if menstruating
Infants - until 12months	11mg	11mg
Children (up to 8yrs)	13mg	13mg
Adolescents	11mg	11 mg or 18mg if menstrating