



Gloria Cicchini
Naturopath



Beef
100 grams
3.1mg Iron



Kale
1 cup
1mg Iron



Sardines
120 grams
3.2mg Iron



Cooked Silverbeet
1/2 cup
1.3mg Iron



Chickpeas
100 grams
6.2mg Iron



Tuna
100 grams
1.07mg Iron



Lentils
1 cup
3mg Iron



Broccoli
1 cup
0.86mg Iron



Lamb
100 grams
2.5mg Iron



Cooked Spinach
1/2 cup
2.2mg Iron



Pork
100 grams
1.4mg Iron



Pistachios
50 grams
2mg Iron



Baked Beans
140 gram tin
3mg Iron



Potato
1 small
0.5mg Iron



Salmon
100 grams
1.3mg Iron



Asparagus
5 spears
1mg Iron



Beetroot
3 slices
1.2mg Iron



Tofu
100 grams
5.2mg Iron



Dried Apricot
8-10 apricots
1.5mg Iron



Peanut Butter
1 tablespoon
0.5mg Iron



Snapper
100 grams
0.3mg Iron



Kidney Beans
1/2 cup
2mg Iron



Egg
1 egg
1.1mg Iron



Chicken
100 grams
0.9mg Iron



Prune
6 prunes
0.55mg Iron



Pine Nuts
3 tablespoons
2mg Iron



Rye Bread
1 slice
1.4mg Iron



Sultanas
37 grams
0.74mg Iron

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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 menstruating