



Grocery List

TO INCREASE YOUR IRON INTAKE

Iron:

An essential mineral that plays a key role in the transportation of oxygen around the body, as well as building and supporting a strong immune system. Typically, western diets provide approximately 15 mg of iron daily. The recommended daily amount (RDA) is between 8 mg per day and 18 mg per day, depending on age and gender.

Heme iron is found in animal tissue including meat, poultry and fish, while non-heme iron occurs in egg yolks and foods of plant origin. Dried beans and dark green leafy vegetables are especially good sources of iron, even better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

Food	Serving Size	Iron (mg)
<input type="checkbox"/> Liver (chicken), cooked	75 g (2 ½ oz)	6.2-9.7
<input type="checkbox"/> Cream of wheat, cooked	175 mL (¾ cup)	5.7-5.8
<input type="checkbox"/> Oatmeal, instant , cooked	175 mL (¾ cup)	4.5-6.6
<input type="checkbox"/> Lentils, cooked	175 mL (¾ cup)	4.1-4.9
<input type="checkbox"/> Oysters, cooked	75 g (2 ½ oz)	3.3-9.0
<input type="checkbox"/> Beans, cooked	175 mL (¾ cup)	2.6-4.9
<input type="checkbox"/> Venison, cooked	75 g (2 ½ oz)	2.5-3.8
<input type="checkbox"/> Tofu, cooked	150 g (¾ cup)	2.4-8.0
<input type="checkbox"/> Shrimp, cooked	75 g (2 ½ oz)	2.2-2.3
<input type="checkbox"/> Spinach, cooked	125 mL (½ cup)	2.0-3.4
<input type="checkbox"/> Pumpkin seeds, roasted	60 mL (¼ cup)	1.4-4.7
<input type="checkbox"/> Mackerel, cooked	75 g (2 ½ oz)	1.4-1.7
<input type="checkbox"/> Kale, cooked	125 mL (½ cup)	1.3
<input type="checkbox"/> Hummus	60 mL (¼ cup)	1.4
<input type="checkbox"/> Almond butter	30 mL (2 Tbsp)	1.2

Source: Dieticians of Canada. "Food Sources of Iron."

Recipes:

Visit the recipe hub on our website www.rmalab.com to print off the recipe for these delicious, iron-rich dishes.

[Lentil Chili \(vegetarian\)](#)

[Mackerel Pasta Salad](#)