

THE ISMAILI






NUTRITION CENTRE

Top 10 Iron Rich Foods

PEN – Practice Based Evidence in Nutrition, Dietitians of Canada

Many factors influence our food intake. Individual preferences, availability, accessibility, social, environmental and cultural factors all interact to shape what we eat. Additionally, nutrient contents in foods can vary significantly because of environmental, genetic and processing influences such as feed, soil, climate, genetic resources (varieties/cultivars, breeds), storage conditions, processing, fortification and market share (Food and Agriculture Organization of the United Nations).

There are many food sources rich in iron. Here are top 10 to consider.

Food Item	Serving
1  Clams, Canned	3.0 oz 90 g
2  Tofu, Firm	1/2 cup 125 mL
3  Soya Bean, Boiled	1 cup 250 mL
4  Chicken Liver, Cooked	3.5 oz 100 g
5  White Beans, Canned	1 cup 250 mL

Food Item

Serving

6

**Beef Liver,
Cooked**

3.5 oz

100 g

7

**Lentils,
Boiled**

1 cup

250 mL

8

**Tofu,
Raw**

1/2 cup

125 mL

9

**Oysters,
Canned**

3.0 oz

90 g

10

**Fortified
Breakfast
Cereal**

1/2 cup

125 mL