

Iron Replacement

1. One iron pill per day – can be cheapest brand (should have over 18mg of elemental iron)
 - a. Example: Ferrous Sulfate (65mg elemental iron), Ferrous gluconate (37.5mg elemental iron)
2. Take iron with 500mg vitamin C – helps absorption
3. Take with meals – if a meat eater take iron with meat as this will improve absorption of iron
4. Avoid drinking tea or coffee with iron pills

Non- meat sources of iron (<https://www.vrg.org/nutrition/iron.php>)

Food	Amount	Iron (mg)
Blackstrap molasses	2 Tbsp	7.2
Lentils, cooked	1 cup	6.6
Tofu	4 ounces	6.4
Spinach, cooked	1 cup	6.4
Bagel, enriched	1 medium	6.4
Chickpeas, cooked	1 cup	4.7
Tempeh	1 cup	4.5
Lima beans, cooked	1 cup	4.5
Black-eyed peas, cooked	1 cup	4.3
Swiss chard, cooked	1 cup	4.0
Kidney beans, cooked	1 cup	3.9
Black beans, cooked	1 cup	3.6
Pinto beans, cooked	1 cup	3.6
Turnip greens, cooked	1 cup	3.2
Prune juice	8 ounces	3.0
Quinoa, cooked	1 cup	2.8
Beet greens, cooked	1 cup	2.7
Tahini	2 Tbsp	2.7
Veggie hot dog, iron-fortified	1 hot dog	2.7
Peas, cooked	1 cup	2.5
Cashews	1/4 cup	2.1
Bok choy, cooked	1 cup	1.8
Bulgur, cooked	1 cup	1.7
Raisins	1/2 cup	1.6
Apricots, dried	15 halves	1.4
Veggie burger,	1 patty	1.4
Watermelon	1/8 medium	1.4
Almonds	1/4 cup	1.3
Kale, cooked	cup	1.2
Sunflower seeds	1/4 cup	1.2