

My Iron-Rich Foods Reminder



Muesli
100g – 3-5mg



Weetabix
2 biscuits – 4.5mg



Lentils (all types)
10 tbsp (120g), cooked – 4mg



Swiss chard
1 cup, cooked – 4mg



Wholewheat pasta
100g dry pasta – 4mg



Tofu
100g – 2-3mg



Baked beans (haricot)
½ can – 3mg



Shreddies
40g – 3mg



Black-eyed beans
100g – 3mg



Edamame (soya beans)
100g – 2mg



Collard greens
1 cup, cooked – 2mg



Spinach
5 tbsp, cooked – up to 2mg



Cashew nuts
28g (small handful) – 2mg



Mung beans
10 tbsp (130g), cooked – 2mg



Bread (wholemeal)
2 medium slices – 2mg



Kidney beans
10 tbsp (110g) – 2mg



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Chia seeds
1 tbsp – 2mg



Peas
10 tbsp (100g) – 2mg



Nuts
28g (small handful)
– around 1mg



Apricots (dried)
6 apricots – 1mg



Kale
1 cup (118g), cooked –
1mg



Bok choy
10 tbsp, cooked (110g)
– 1mg



Chickpeas
10 tbsp (100g), cooked
– 1mg



Figs (dried)
5 figs – 1mg



Prunes
6 whole prunes – 1mg



**Cumin, turmeric
and thyme**
½ tsp – up to 1mg



Seeds
1 tbsp – up to 1mg



Parsley
2 tbsp, fresh, chopped
– up to 1mg



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Additional Information:

▪ Top Tip:

- Vitamin C massively increase your absorption of iron.

▪ Other good sources:

- Sultana bran 3-5mg of iron per 40g
- Oats (3mg per 80g)
- Quinoa cooked 3 mg per cup
- Dark chocolate 1-(3mg per 3 squares)
- Hemp seeds 1mg per 1tbsp
- Avocado 1mg per fruit
- Broccoli (1mg per 1 cup) Grapes 0.5 mg per cup
- Beetroot (cooked) 0.4mg per piece (50g)
- Tomato (0.3mg per medium fruit)

▪ How much should I eat each day?

- 8.7mg (men)
- 14.8mg (women up to age 50) or
- 8.7mg (women over 50)



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