

Iron

Pregnant and lactating women should increase their daily iron consumption by 15-30 mg/day

Food	Amount
Foods that provide 3 to 12 mg of iron	
Clams Oysters Octopus Spinach Lentils Pumpkin seeds Fortified cereals	Four large or nine small Six medium 3 oz cooked 1/2 cup cooked 1/2 cup cooked 1 oz roasted 1 cup
Foods that provide 1.6 to 3 mg of iron	
Sirloin steak Roast beef Lean hamburger Pork Lamb Salmon Tilapia Kidney beans Lima beans Navy beans Oatmeal Cashew nuts	3 oz 3 oz 3 oz 3 oz 3 oz 3 oz 3 oz 1/2 cup cooked 1/2 cup cooked 1/2 cup cooked 1 cup cooked 1 oz dry roasted
Foods that provide 0.5 to 1.5 mg of iron	
Chicken Eggs Green peas Tomato juice Broccoli Brussels sprouts Almonds Peanuts Dried apricots Raisins Raspberries Strawberries	3 oz One whole 1/2 cup 6 oz 1/2 cup 1/2 cup cooked 1 oz roasted 2 oz roasted Five halves 1 oz (about 60 raisins) 1 cup 1 cup
Foods high in vitamin C that enhance iron absorption when consumed with iron-containing foods	
Broccoli Bell peppers Cantaloupe Grapefruit and grapefruit juice Kiwi Orange and orange juice Tomatoes and tomato sauces Strawberries	