

Daily Iron Requirements

AGE	DAILY RECOMMENDED INTAKE
0-6 months	Not well defined for full term infants
7 – 12 months	11 mg per day
1 – 3 years old	7 mg per day
4 – 8 years old	10 mg per day
9- 13 years old	8 mg per day
14 years +	Boy: 11 mg per day (may need more if an athlete) Girls: 15 mg per day (may need more if an athlete)

Iron Rich Foods

FOODS	MILLIGRAMS
Breakfast cereal, fortified, 1 cup	18
White beans, canned, 1 cup	8
Chocolate, dark, 3 ounces	7
Lentils, boiled and drained, ½ cup	3
Spinach, boiled and drained, ½ cup	3
Tofu, firm, ½ cup	3
Kidney beans, canned, ½ cup	2
Chickpeas, boiled and drained, ½ cup	2
Tomatoes, canned, stewed, ½ cup	2
Beef, bottom round, 3 ounces	2
Potato, baked, flesh and skin, 1 med	2
Cashew nuts, 1 ounce, 18 nuts	2
Green peas, ½ cup	1
Chicken, roasted, meat and skin, 3 ounces	1
Rice, white, ½ cup or brown, 1 cup	1
Egg, hard boiled, 1 large	1
Bread, whole wheat or white, 1 slice	1
Raisins, ¼ cup	1
Spaghetti, whole wheat, 1 cup	1
Tuna, light, canned in water, 3 ounces	1
Turkey, roasted, breast meat and skin, 3 ounces	1
Broccoli, ½ cup	1