

## My iron-rich foods reminder



Apricots (dried)



Baked beans (haricot)



Black-eyed beans



Bread (wholemeal)



Breakfast cereals:  
Shreddies, Weetabix, Sultana Bran,  
Ready Brek and Muesli



Cashew nuts



Chia seeds



Chickpeas



Cumin, turmeric  
and thyme



Edamame (soya beans)



Figs (dried)



Kale



Lentils (all types)



Mung beans



Parsley



Peas



Pine nuts



Pumpkin, sesame and  
sunflower seeds



Prunes



Raisins and sultanas



Red kidney beans



Spaghetti  
(wholewheat)



Spinach



Spring greens



Spring onions



Swiss chard



Tofu



Walnuts, hazelnuts  
and almonds

### TOP TIP!

Vitamin C massively  
increases your  
absorption of iron

### How high is high?

Some examples of our **super-iron** heroes  
contained in medium-sized servings:

Sultana bran 3-5 mg of iron per 40 g; Tofu 2-5 mg per 100 g; Wholewheat spaghetti 4.8 mg per 2 cups (280 g); Muesli 3-4.5 mg per 100 g; Baked beans 3 mg per ½ can; Red lentils (cooked) 4 mg per 120 g; Cashews 1.9 mg per 28 g (a small handful); Edamame (shelled) 2.3 mg per 100 g; Kale (cooked) 1 mg per cup (118 g); Kidney beans 1.8 mg per 90 g; Chia seeds 1.6 mg per 1 tbsp

How much  
should I eat  
each day?

**8.7 MG** (men)

**14.8 MG**

(women up to age 50) or

**8.7 MG**

(women over 50)