

# Foods highest in

# Iron

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**18 mg**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Thyme, dried	249%	869	1.3	36	Anise seed	61%	222	1.0	30
Parsley, dried	197%	903	1.3	36	Taragon, dried	61%	434	1.2	34
Spearmint, dried	171%	762	1.2	35	Seaweed, spirulina	60%	596	13.6	385
Marjoram, dried	170%	659	1.3	37	Total Raisin Bran	59%	648	1.1	32
Spearmint, fresh	150%	838	8.0	227	Smart Start Cereal	55%	593	1.0	27
Complete Wheat Bran	108%	1194	1.1	31	Oysters	54%	2266	5.2	147
Dill weed, dried	107%	458	1.4	40	POST 100% BRAN	54%	320	1.2	35
Clams	105%	1591	4.8	135	Broccoli raab	54%	1267	16.0	455
Total cereal	100%	1153	1.1	30	Boston lettuce	53%	1299	27.1	769
Complete Oat Bran Flakes	100%	1118	1.0	29	Swiss chard	53%	2849	18.6	526
Cumin seed	98%	279	0.9	27	All-Bran with fiber	52%	1098	1.8	52
Pork liver	97%	1241	2.6	75	Curry powder	51%	323	1.1	31
Thyme, fresh	96%	695	3.5	99	Smart Start Soy Protein	50%	541	1.0	27
Parsley	96%	2925	9.8	278	Sage	50%	554	1.1	32
Dried basil	93%	866	1.4	40	Rosemary, dried	49%	274	1.1	30
Multi-Grain Cheerios	91%	952	0.9	26	Swamp cabbage	49%	1506	18.6	526
Total Corn Flakes	89%	1004	0.9	27	Asparagus	48%	586	14.1	400
Dill weed	85%	1166	8.2	233	Spinach, canned	46%	1280	18.6	526
Coriander leaf, dried	85%	913	1.3	36	Paprika	45%	763	1.2	35
Cinnamon	81%	515	1.4	38	Kellogg's Corn Flakes	45%	308	1.0	28
Oegano, dried	80%	519	1.2	33	Grape-Nuts Cereal	43%	142	1.0	28
Savory	77%	450	1.3	37	Chicken, liver	43%	983	3.0	86
Bay leaf spice	76%	368	1.1	32	Sauerkraut, canned	43%	269	18.6	526
Caribou liver	71%	568	2.9	82	Coriander (cilantro) leaves	43%	1762	15.3	435
Purslane	69%	855	22.0	625	Wheaties	42%	436	1.0	27
Baby oatmeal, dry	66%	268	0.9	25	Cheerios	42%	368	1.0	27
Spinach	65%	2601	15.3	435	Raisin Bran Cereal	42%	325	1.1	32
Basil	65%	1751	13.1	370	Fiber One	42%	519	1.8	50
Ground tumeric	65%	284	1.0	28	Red leaf lettuce	42%	1603	22.0	625
Beet greens	65%	1964	16.0	455	Pimento, canned	41%	884	15.3	435
Poultry seasoning	64%	392	1.1	33	Capers, canned	40%	-147	15.3	435
Celery seeds	64%	307	0.9	26	Peppermint, fresh	40%	556	5.0	143
Black pepper	63%	316	1.4	39	Seaweed, agar	40%	359	13.6	385

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Kellogg's Special K	40%	529	0.9	26	Garden cress	23%	1639	11.0	313
Toasted Wheat Bran	39%	819	1.8	50	Chicory greens	22%	1726	15.3	435
Dandelion greens	38%	849	7.8	222	Oyster mushrooms	21%	429	10.1	286
Balsam-pear (bitter gourd)	38%	1072	11.8	333	Soybeans	21%	264	0.8	24
All-Bran Original	38%	1025	1.4	38	Tomato paste	20%	243	4.3	122
Seaweed, kelp	37%	429	8.2	233	Beef liver	20%	1808	2.6	74
Chinese cabbage (bok choy)	34%	1749	27.1	769	Saffron	20%	531	1.1	32
All-Bran Buds	33%	874	1.4	40	Sun-dried tomatoes	20%	211	1.4	39
Rice bran	33%	600	1.1	32	Chicken Broth 1% fat	19%	17	88.2	2500
Arugula	32%	825	14.1	400	Lemons, with peel	19%	716	17.6	500
CHEX snack mix	32%	177	0.8	24	Baking chocolate	19%	144	0.7	20
Green leaf lettuce	32%	1957	23.5	667	Leeks	19%	274	5.8	164
Tomatoes, canned	32%	296	20.7	588	Turnip greens	19%	1791	11.0	313
Romaine lettuce	32%	1566	20.7	588	Kale	19%	1747	7.1	200
Mustard greens	31%	2403	13.6	385	Green beans	19%	393	11.4	323
Coriander seed	30%	242	1.2	34	Ground ginger	18%	490	1.0	29
Fennel seed	30%	321	1.0	29	Brussels sprouts	18%	692	8.2	233
Dill seed	30%	250	1.2	33	Sprouted pinto beans	18%	334	5.7	161
Chives	30%	1205	11.8	333	Broccoli stalks	17%	764	12.6	357
Rosemary, fresh	28%	281	2.7	76	Sprouted mung beans, cooked	17%	397	16.8	476
Podded peas	28%	492	8.4	238	Pumpkin	17%	857	13.6	385
Wheat bran, crude	27%	677	1.6	46	Sprouted lentils, cooked	17%	222	3.5	99
Endive	27%	1482	20.7	588	Sprouted mung beans	17%	395	11.8	333
Caraway seeds	27%	254	1.1	30	Sprouted lentils	17%	231	3.3	94
Cocoa, dry powder	27%	212	1.2	33	Coffee, instant, decaf	17%	351	176.4	5000
Seaweed, wakame	27%	562	7.8	222	Sprouted pinto beans, cooked	17%	299	16.0	455
White pepper	27%	171	1.2	34	Gravy, au jus, dry	17%	-89	1.1	32
Polar bear meat	26%	106	2.7	77	Iceberg lettuce	16%	410	25.2	714
Mussels	26%	777	4.1	116	Ground mace	16%	111	0.7	21
Chicken liver, canned	25%	261	1.8	50	Sprouted navy beans	16%	360	5.3	149
Veal liver	25%	2093	2.5	71	Olives, canned	16%	61	3.1	87
Chili powder	25%	497	1.1	32	Pumpkin/squash seeds	16%	187	0.7	19
Cardamom	25%	525	1.1	32	Deer meat	16%	364	2.9	83
Mulberries	24%	188	8.2	233	Grape leaves	16%	998	3.8	108
Soy protein isolate	24%	331	1.0	30	Wild rabbit	16%	236	3.1	88
Sprouted alfalfa seeds	23%	496	15.3	435	Sprouted kidney beans	16%	610	12.2	345
Pumpkin, canned	23%	1139	10.4	294	Lambquarters, raw	16%	1219	8.2	233
Crushed tomatoes, canned	23%	310	11.0	313	Lima beans	15%	252	3.1	88

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Artichokes	15%	293	7.5	213	Soy milk	12%	274	6.8	192
Sprouted navy beans, cooked	15%	320	4.5	128	Whole duck egg	12%	83	1.9	54
Dove, Squab	15%	114	1.6	46	Lemons	11%	318	12.2	345
Sprouted kidney beans, cooked	15%	545	10.7	303	Yellow beans	11%	211	1.0	29
Cloves	15%	581	1.1	31	Tofu, extra firm	11%	261	3.9	110
Allspice	15%	178	1.3	38	Coffee, instant, regular	11%	232	176.4	5000
Chicken gizzards	15%	100	3.8	106	Limes	11%	222	11.8	333
Okra	14%	671	11.4	323	Sprouted radish seeds	11%	355	8.2	233
Chili peppers	14%	693	8.8	250	Corn flour, enriched	11%	145	1.0	27
Chicken noodle soup	14%	126	6.7	189	Pink beans	11%	206	1.0	29
Sesame seeds	14%	180	0.6	17	Fava beans	11%	218	1.0	29
Tomato juice	14%	401	20.7	588	Crackers, saltines, fat-free	11%	83	0.9	25
Anchovies	14%	450	2.7	76	Mung beans	11%	218	1.0	29
Enoki mushrooms	14%	270	8.0	227	Tomatillos	11%	212	11.0	313
Quinoa	14%	128	0.9	27	Quail	11%	101	1.5	43
Kidney beans	14%	217	1.1	30	Cabbage	10%	497	14.1	400
Red/cayenne pepper	14%	541	1.1	31	Cucumber	10%	264	23.5	667
Soybeans, green	13%	239	2.4	68	Beets	10%	205	8.2	233
Toasted wheat germ	13%	521	0.9	26	Bamboo shoots	10%	393	13.1	370
Vinegar, red wine	13%	42	18.6	526	Tomato soup	10%	88	5.9	167
Fennel bulbs	13%	254	11.4	323	Watercress	10%	2843	32.1	909
Bagels, plain	13%	122	1.4	39	Peas	10%	285	4.4	123
Portabella mushrooms	13%	593	13.6	385	Tofu, fried	10%	155	1.3	37
White beans	13%	214	1.0	30	Infant formula, SIMILAC	10%	96	5.3	152
Tofu, firm	13%	277	5.0	143	Sprouted peas	10%	180	2.8	78
Shrimp	13%	382	3.3	94	Poppy seed	10%	192	0.7	19
White mushrooms	13%	629	16.0	455	Cauliflower	10%	566	14.1	400
Yellow mustard	13%	298	5.3	149	Wheat germ, crude	10%	416	1.0	28
Plain frozen waffles	12%	133	1.1	32	English muffins w. calcium	10%	124	1.3	37
Oat bran	12%	330	1.4	41	Sprouted soybeans	10%	271	2.9	82
Elderberries	12%	176	4.8	137	Chickpeas (garbanzo)	10%	194	1.0	27
Summer squash	12%	546	22.0	625	Tofu	9%	98	3.0	86
Zucchini	12%	553	22.0	625	Sprouted peas, cooked	9%	160	3.6	102
Broccoli	12%	748	10.4	294	Lemon peel	9%	479	7.5	213
Lentils	12%	229	1.0	28	Green bell peppers	9%	738	17.6	500
Manhattan clam chowder	12%	201	5.8	164	Beef tip round, lean, choice	9%	295	2.7	77
Mustard seed	12%	222	0.8	21	Shallots	9%	176	4.9	139
Radishes	12%	356	22.0	625	Beef broth,from cube	9%	-584	117.6	3333

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Prune juice	9%	40	5.0	141	Saltines (oyster, soup)	7%	53	0.8	23
Red bell peppers	9%	1071	13.6	385	Chicken broth w sodium	7%	116	22.0	625
Molasses	9%	64	1.2	34	Mackerel, canned	7%	458	2.3	64
Navy beans	9%	218	1.0	29	Watermelon seeds, dried	7%	120	0.6	18
Sprouted soybeans, cooked	9%	296	4.4	123	Split peas	7%	192	1.0	29
New England clam chowder	9%	276	5.0	143	Sorghum	7%	57	1.0	29
Great northern beans	9%	218	1.0	29	Bread crumbs, seasoned	7%	99	0.9	26
Wheat	9%	121	1.0	29	Strawberries	7%	359	11.0	313
Oat bran muffins	9%	138	1.3	37	Egg, whole	7%	123	2.5	70
Gingersnaps	9%	58	0.8	24	Ensure plus	7%	116	2.5	71
Adzuki beans	8%	216	1.1	30	Hot dogs, fat free	7%	8	4.8	137
Tomatoes, ripe	8%	416	19.6	556	Sourdough or French Bread	7%	101	1.2	35
Cranberry beans	8%	224	1.1	30	Miso	7%	54	1.8	50
Kohlrabi	8%	510	13.1	370	Celery	7%	422	22.0	625
Italian (Crimini) mushrooms	8%	606	13.1	370	Beef, round, lean	7%	218	1.5	44
Black beans	8%	198	1.0	29	Beef, top sirloin lean	7%	289	2.7	76
White rice, enriched	8%	119	2.9	81	Cowpeas (blackeyes)	7%	223	3.9	111
Hummus	8%	113	2.1	60	Oats	7%	165	0.9	26
Pinto beans	8%	206	1.0	29	Kumquats	7%	151	5.0	141
Lean beef, chuck	8%	278	2.5	72	Semolina, enriched	7%	137	1.0	28
Rutabagas	8%	251	9.8	278	Cashew nuts, raw	7%	128	0.6	18
Blackberries	8%	285	8.2	233	Haddock	7%	365	3.1	89
Gourd	8%	300	25.2	714	Turkey leg, meat and skin	7%	224	2.4	69
Beef round, 1/4" fat	8%	242	1.8	52	Sunflower seed kernels	7%	220	0.6	18
White bread	8%	91	1.3	38	Pork and beans, canned	7%	120	2.7	78
Wheat gluten	8%	56	1.0	27	Soft pretzels	6%	25	1.0	30
Turkey, dark meat	8%	270	2.8	80	Wonton wrappers	6%	91	1.2	34
Tempeh	8%	186	1.8	52	Pumpernickel bread	6%	124	1.4	40
7-grain bread	8%	144	1.4	40	Garlic	6%	213	2.4	67
Frankfurter, pork	8%	99	1.3	37	Tofu yogurt	6%	69	3.8	106
Hard pretzels	8%	75	0.9	26	Apricots dried	6%	68	1.5	41
Dolphinfish	7%	377	4.1	118	Rye bread	6%	111	1.4	39
Orange roughy	7%	380	4.6	132	Italian bread	6%	109	1.3	37
Raspberries	7%	234	6.8	192	Soyburger	6%	171	1.8	52
Kellogg's Nutri-Grain	7%	75	1.0	27	Veggie Dog	6%	17	2.6	75
Chicken broth, condensed	7%	74	11.4	323	Sprouted wheat	6%	171	1.8	51
Beef jerky	7%	37	0.9	24	Boston brown bread, canned	6%	91	1.8	51
Tuna, canned in water	7%	473	3.0	86	Flaxseeds	6%	158	0.7	19

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Turnips	6%	231	12.6	357					
Lotus seeds raw	6%	156	4.0	112					
Lotus seeds, dried	6%	156	1.1	30					
Rhubarb	6%	325	16.8	476					
Cashew nuts, roasted	6%	110	0.6	17					
Durum wheat	6%	177	1.0	29					
Turkey, light meat	6%	317	3.1	87					
Pumpkin pie mix, canned	6%	260	3.4	96					
Barley	6%	143	1.0	28					
Potatoes with skin	6%	146	4.6	130					
Croutons	6%	84	0.9	25					
Wheatena	6%	130	6.3	179					
Coffee, brewed	6%	1132	352.7	10000					
Eggplant	6%	279	14.7	417					
Spaghetti squash	6%	137	11.4	323					
Ramen Oodles of Noodles	6%	-201	70.5	2000					
Perch	5%	380	3.9	110					
Whole-wheat bread	5%	147	1.4	40					
Cheese lasagna	5%	137	2.7	77					
Beef, ground,15% fat	5%	138	1.6	47					
Grouper	5%	360	3.8	109					
Cider vinegar	5%	74	16.8	476					
Ramen noodle	5%	53	0.8	23					
Japanese chestnuts	5%	158	2.3	65					
Japanese chestnuts, dried	5%	158	1.0	28					
Kashi GoLean Crunch	5%	46	0.9	27					
Cream of mushroom soup	5%	61	6.8	192					
Commercial bisquits	5%	59	1.0	27					
Meatball and pasta, canned	5%	95	3.4	97					