

# Foods with High Content of Iron<sup>1</sup>

## ANIMAL SOURCES (HEME)

FOOD	SERVING	IRON (mg)*
Liver (pork, chicken, or beef)**	75 g (2 ½ oz)	4.6 to 13.4
Oysters*** or mussels	75 g (2 ½ oz)	5.0 to 6.3
Lamb or beef	75 g (2 ½ oz)	1.5 to 2.4
Clams	75 g (2 ½ oz)	2.1
Sardines, canned	75 g (2 ½ oz)	2.0
Tuna, herring, trout, or mackerel	75 g (2 ½ oz)	1.2

## PLANT SOURCES (NON-HEME)

FOOD	SERVING	IRON (mg)*	FOOD	SERVING	IRON (mg)*
Infant cereal with added iron	28 g (5 tbsp)	7.0	Bagel	1/2 bagel	1.9
Soybeans, cooked	175 mL (3/4 cup)	6.5	Seaweed, agar (dried)	8 g (1/2 cup)	1.7
Beans or lentils	175 mL (3/4 cup)	3.3 to 4.9	Prune puree	60 mL (1/4 cup)	1.7
Pumpkin seeds/kernels, roasted	60 mL (1/4 cup)	4.7	Quinoa, cooked	125 mL (1/2 cup)	1.5
Cold cereal with added iron	30 g	4.5	Eggs	2	1.4
Blackstrap molasses	15 mL (1 tbsp)	3.6	Quick or large flake oats, prepared	175 mL (3/4 cup)	1.4
Hot cereal with added iron	175 mL (3/4 cup)	3.4	Almonds, walnuts, or pecans	60 mL (1/4 cup)	0.8 to 1.3
Spinach, cooked	125 mL (1/2 cup)	3.4	Green peas, cooked	125 mL (1/2 cup)	1.3
Meatless meatballs	150 g	3.2	White bread	35 g (1 slice)	1.3
Tofu, firm or extra firm, or edamame, cooked	150 g (3/4 cup)	2.4	Egg noodles with added iron	125 mL (1/2 cup)	1.2
Tahini (sesame seed butter)	30 mL (2 tbsp)	2.3	Sunflower seeds/kernels, dry roasted	60 mL (1/4 cup)	1.2
Chickpeas	175 mL (3/4 cup)	2.2	Tomato sauce, canned	125 mL (1/2 cup)	1.2
Swiss chard or beet greens, cooked	125 mL (1/2 cup)	1.5 to 2.1	Sauerkraut	125 mL (1/2 cup)	1.1
Potato, baked with skin	1 medium	1.9	Soy beverage	250 mL (1 cup)	1.1

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1. HealthLink BC, Nutrition Series - Number 68d, March 2022. [https://www.healthlinkbc.ca/sites/default/files/documents/hfile68d\\_0.pdf](https://www.healthlinkbc.ca/sites/default/files/documents/hfile68d_0.pdf). Last accessed Apr 21, 2023 † Pharmacy Practice + Business and Profession Santé 2024/The Medical Post and Profession Santé 2024 – Survey on OTC Counselling and Recommendations. g: grams; mg: milligrams; mcg: micrograms; oz: ounces; tbsp: tablespoon; mL: milliliters  
\*Estimated values. \*\*If you are pregnant, limit liver and liver products to 75g (2 ½ ounces) per week. Liver is high in vitamin A. Too much vitamin A may cause birth defects. \*\*\*Pacific oysters from British Columbia tend to be higher in cadmium. Limit intake to 12 per month for adults and 1.5 per month for children.

# Foods with High Content of Vitamin B<sub>12</sub><sup>1</sup>

FOOD	PORTION	VITAMIN B <sub>12</sub> (mcg)*
<b>MEAT, FISH, SEAFOOD, POULTRY AND EGGS</b>		
Liver, beef, cooked	75 g (2½ oz)	62.4
Mussels, cooked	75 g (2½ oz)	18.0
Mackerel, cooked	75 g (2½ oz)	14.3
Clams, canned	75 g (2½ oz)	14.0
Sardines, canned in oil, drained	75 g (2½ oz)	6.7
Trout, cooked	75 g (2½ oz)	5.6
Salmon, Pink, canned with bone	75 g (2½ oz)	3.7
Beef, regular ground, pan-fried	75 g (2½ oz)	2.7
Beef, hip, rump roast, cooked	75 g (2½ oz)	2.3
Tuna, light, canned in water, drained	75 g (2½ oz)	2.2
Salmon, Atlantic farmed, cooked	75 g (2½ oz)	2.1
Egg, hard boiled	2 large	1.6
<b>FORTIFIED SOY FOODS**</b>		
Meatless deli slices	75g (2 ½ oz)	3.0
Meatless wiener	1 wiener (70 g)	1.6
Veggie burger, soy	1 patty (70 g)	1.4
Soy beverage, fortified	250 mL (1 cup)	1.0
<b>MILK, YOGURT AND CHEESE</b>		
Milk, (skim, 1%, 2%)	250 mL (1 cup)	1.3
Cheese, cottage, 2%	250 mL (1 cup)	1.1
Buttermilk, 2%	250 mL (1 cup)	1.0
<b>OTHER**</b>		
Nutritional yeast, fortified, large flake	16g, 30 mL (2 heaping tbsp.)	8.0
Almond or rice beverage, fortified	250 mL (1 cup)	1.0



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1. HealthLink BC. <https://www.healthlinkbc.ca/sites/default/files/healthyeating/pdf/quick-nutrition-check-for-vitamin-b12.pdf>. Last accessed Apr 21, 2023 † Pharmacy Practice + Business and Profession Santé 2024/The Medical Post and Profession Santé 2024 – Survey on OTC Counselling and Recommendations. g: grams; mg: milligrams; mcg: micrograms; oz: ounces; tbsp: tablespoon; mL: milliliters \*Estimated values. \*\*Check the nutrition facts table for amounts of vitamin B<sub>12</sub> in fortified food products.