

IRON FOR THE VEGETARIAN

DAILY ALLOWANCE OF IRON

MEN 10 MILLIGRAMS/DAY
WOMEN 15 MILLIGRAMS/DAY

PLANT SOURCES OF IRON

TOFU
BLACKSTRAP MOLASSES
LENTILS
PUMPKIN SEEDS
GARBANZO BEANS (CHICKPEAS)
SWISS CHARD
APRICOTS
CASHEWS
TOMATO JUICE
WHITE RICE
WHOLE WHEAT BREAD
BROCCOLI
BRUSSEL SPROUTS
POTATO
DATES
FIGS
BLUEBERRIES
CEREALS OR BREADS *ENRICHED* WITH IRON

SOY BEANS
MUNG BEANS
PINTO BEANS
NAVY BEANS
GREEN BEANS
KIDNEY BEANS
SESAME SEEDS
PEANUT BUTTER
WALNUTS
GREENS (KALE)
SPINACH
EGGPLANT
RAISINS
PRUNES
WATERMELON
RASPBERRIES
MANGO

VITAMIN C HELPS IRON ABSORPTION

ORANGE JUICE W/ CEREAL
TOMATO ON A SANDWICH
LEMONADE
STRAWBERRIES
CANTALOUPE
GRAPEFRUIT

PEPPERS
BROCCOLI
CABBAGE
TURNIPS
SWEET POTATO
TOMATOES

- COOKING IN SMALL CAST IRON SKILLETS AND PANS ADDS SMALL AMOUNTS OF IRON TO FOOD.
- CAFFEINE MAKES IT HARD FOR THE BODY TO USE IRON.

For more information contact, the Office of Health, Education & Promotion, UNH Health Services
862-3823 or www.unh.edu/health-services

Approved November 2004