

Table 1: Iron Content of Selected Vegan Foods

Food	Amount	Iron (mg)
Blackstrap molasses	2 Tbsp	7.2
Lentils, cooked	1 cup	6.6
Tofu	1/2 cup	6.6
Spinach, cooked	1 cup	6.4
Kidney beans, cooked	1 cup	5.2
Chickpeas, cooked	1 cup	4.7
Soybeans, cooked	1 cup	4.5
Tempeh	1 cup	4.5
Lima beans, cooked	1 cup	4.5
Black-eyed peas, cooked	1 cup	4.3
Swiss chard, cooked	1 cup	4.0
Bagel, enriched	1 medium	3.8
Black beans, cooked	1 cup	3.6
Pinto beans, cooked	1 cup	3.6
Veggie hot dog, iron-fortified	1 hot dog	3.6
Prune juice	8 ounces	3.0
Quinoa, cooked	1 cup	2.8
Beet greens, cooked	1 cup	2.7
Tahini	2 Tbsp	2.7
Peas, cooked	1 cup	2.5
Cashews	1/4 cup	2.0
Brussels sprouts, cooked	1 cup	1.9
Potato with skin	1 large	1.9
Bok choy, cooked	1 cup	1.8
Bulgur, cooked	1 cup	1.7
Raisins	1/2 cup	1.5
Apricots, dried	15 halves	1.4
Soy yogurt	6 ounces	1.4
Veggie burger, commercial	1 patty	1.4
Watermelon	1/8 medium	1.4
Almonds	1/4 cup	1.3
Sesame seeds	2 Tbsp	1.2
Sunflower seeds	1/4 cup	1.2
Turnip greens, cooked	1 cup	1.2
Millet, cooked	1 cup	1.1
Broccoli, cooked	1 cup	1.0
Kale, cooked	1 cup	1.0
Tomato juice	8 ounces	1.0

Table 2: Comparison of Iron Sources

Food	Iron (mg/100 calories)
Spinach, cooked	15.6
Collard greens, cooked	4.5
Lentils, cooked	2.9
Broccoli, cooked	1.9
Chickpeas, cooked	1.7
Sirloin steak, choice, broiled	1.1
Hamburger, lean, broiled	0.8
Chicken, breast roasted, no skin	0.6
Pork chop, pan fried	0.4
Flounder, baked	0.3
Milk, skim	0.1

Note that the top iron sources are vegan.