

Food item	Serving size	Amount of iron (mg)
Soybeans, cooked	½ cup (125 ml)	4.4
Tofu, firm	½ cup (125 g)	6.6
Baked beans, cooked	½ cup (125 ml)	1.7
Chickpeas or kidney beans	½ cup (125 ml)	2.4 to 2.6
Lentils	½ cup (125 ml)	3.3
Lima/navy/pinto beans	½ cup (125 ml)	2.2
Almonds	¼ cup (60 ml)	1.5
Cashews	¼ cup (60 ml)	2.1
Cereal, fortified	28 g	2.1 to 18
Egg, hard-boiled	1 large (50 g)	0.59
Chicken breast, broiled	100 g	1.07
Beef, top sirloin, broiled	100 g	1.73
Apricots, dried	¼ cup (60 ml)	1.5
Dried figs or raisins	¼ cup (60 ml)	1.1
Bok choy	½ cup (125 ml)	0.9
Broccoli or kale	½ cup (125 ml)	0.6 to 0.7
Potato, baked with skin	1 medium (173 g)	2.3