

30+ Foods that are High in Iron

HEME IRON

Beef or Chicken Liver
Clams or Mussels
Oysters
Beef
Sardines
Chicken
Turkey
Ham
Veal
Halibut
Perch
Haddock
Salmon
Tuna

NON-HEME IRON

Lima beans red kidney beans, or chickpeas
Dried apricots
Baked potato
Enriched egg noodles
Wheat germ
Pumpkin, sesame, or squash seeds
Split peas
Peanuts, pecans, walnuts, pistachios, roasted almonds, roasted cashews, or sunflower seeds
Dried seedless raisins, peaches, or prunes
Broccoli
Cooked Spinach
Enriched Pasta
Whole grain or fortified bread
Brown or enriched white rice

Main differences between Heme and Non-Heme Iron – Heme comes from animal flesh and is more absorbable. Eating a vitamin-C rich food such as an orange or broccoli with an iron-rich food will increase the ability of the body to use the iron.