

## MAIN SOURCES OF IRON

Non-heme iron (vegetables, legumes, etc.)      Approximately 5% is absorbed

Food group	Example	Serving example	Amount of iron per serving (in mg)
<b>Seeds and nuts :</b>	Pumpkin seeds	50 g	5.5 mg
	Sesame seeds	50 g	5.2 mg
	Sun-flower seeds	50 g	3.5 mg
	Cashew nuts	50 g	2.9 mg
	Almonds	50 g	2.6 mg
	Brazil nuts	50 g	1.7 mg
<b>Cereals :</b>	Quinoa	100 g or ½ cup	9.2 mg
	Whole millet	100 g or ½ cup	6.8 mg
	Whole oats	100 g or ½ cup	4.6 mg
	Barley	100 g or ½ cup	3.0 mg
	Whole wheat	100 g or ½ cup	3.1 mg
	Whole buckwheat	100 g or ½ cup	3.1 mg
	White rice	100 g or ½ cup	0.4 mg
<b>Beans :</b>	Lima beans	50 g or 1 cup	5.9 mg
	Soy	50 g or 1 cup	4.2 mg
	Chikpeas	50 g or 1 cup	3.5 mg
	Lentils	50 g or 1 cup	3.4 mg
	Tekka-miso	5 g	60 mg
<b>Vegetables :</b>	Parsley	100 g or 1 cup	6.2 mg
	Spinach	100 g or 1 cup	3.1 mg
	Kale	100 g or 1 cup	2.2 mg
	Broccoli	100 g or 1 cup	1.5 mg
	Garlic	100 g or 1 cup	1.5 mg
	Brussel sprouts	100 g or 1 cup	1.5 mg
	Cucumber	100 g or 1 cup	1.1 mg
	Cauliflower	100 g or 1 cup	1.1 mg
	Potato	100 g or 1 cup	1.0 mg
Green peas	100 g or 1 cup	0.19 mg	
<b>Fruits :</b>	Pumpkin	100 g	11 mg
	Prunes	100 g	4.0 mg
	Raisins	100 g	3.5 mg
	Dates	100 g	3.0 mg
	Strawberries	100 g	1.0 mg
	Abricots	100 g	0.5 mg
<b>Seaweed :</b>	Varech	100 g or 1 cup	100 mg
	Nori	100 g or 1 cup	12 mg

Heme iron (meat products, e.g. meat, fish, seafood)

Approximately 25% is absorbed

Food group	Example	Serving example	Amount of iron per serving (in mg)
<b>Poultry :</b>	Chicken	100 g	1.3 mg
<b>Fish :</b>	Sardine	100 g	2 mg
	Tuna	100 g	1.3 mg
	Salmon	100 g	0.9 mg
<b>Eggs</b>		2 units	1.3 mg
<b>Red meats</b>	Lean beef	100 to 150 g	2.8 mg
<b>Seafood :</b>	Clams	100 g	7 mg
	Oysters	½ cup	5.5 mg

### Recommended dose

- Adult women: approximately 14 mg per day
- During pregnancy and breastfeeding: approximately 25 mg per day

**Attention!** Vitamin C (papaya, kiwi, orange, strawberries, etc.) promotes the absorption of iron, while calcium, taken 3 hours before or after a meal, as well as caffeine (tea, coffee, cocoa) reduces its absorption.

It is no longer recommended to eat liver during pregnancy because it is too rich in vitamin A.

Pregnant women should avoid raw fish, meat or eggs (for more details, consult your guide: From Tiny Tot to Toddler, INSPQ)

Tips to increasing your iron intake:

- \*Take a vegetable or fruit rich in vitamin C with each meal.
- \*Add chickpeas, lima beans, soy beans or lentils to soups, salads, sauces or casseroles.
- \*Prefer dark green vegetables to lighter green vegetables.
- \*Use prune juice in juice blends.
- \*Sprinkle yogurts, compotes and cereals with wheat germ and replace classic jam with date puree, figs or other dried fruits.
- \*Consider taking Spirulina as a supplement, nettle teas.
- \*Consider seasoning your dishes with thyme, cumin, curry, ginger, coriander.