

My iron-rich foods reminder



Apricots (dried)



Baked beans (haricot)



Black-eyed beans



Bread (wholemeal)



Breakfast cereals:
Shreddies, Weetabix, Sultana Bran,
Ready Brek and Muesli



Cashew nuts



Chickpeas



Cumin, turmeric
and thyme



Edamame (soya beans)



Figs (dried)



Kale



Lentils (all types)



Mung beans



Parsley



Peas



Pine nuts



Pumpkin, sesame and
sunflower seeds



Prunes



Raisins and sultanas



Red kidney beans



Spaghetti
(whole wheat)



Spinach



Spring greens



Spring onions



Swiss chard



Tofu



Walnuts, hazelnuts
and almonds



Watercress

TOP TIP!

Vitamin C massively
increases your
absorption of iron

How high is high?

Some examples of our *super-iron* heroes
contained in medium-sized servings:

Sultana bran 4mg of iron per 50g; Tofu 3.5mg per 100g; Whole wheat spaghetti 3.1mg per 220g; Muesli 3mg per 100g; Baked beans 3mg per ½ can; Red lentils 2.9mg per 120g; Figs (3 dried) 2.5mg per 60g; Edamame 2.3mg per 100g; Curly kale 2mg per 100g; Kidney beans 1.8mg per 90g; Pumpkin seeds 1.2mg per 12g

How much
should I eat
a day?

8.7MG (men)

14.8MG

(women up to age 50) or

8.7MG

(women over 50)