

Plant-Based Sources of IRON



Daily Iron for Vegan Women*

- Nonpregnant: 32 mg
- Pregnant: 49 mg
- Breastfeeding: 16 mg

SPINACH



Iron 6.4 mg (36% DV)
Serving Size 1 cup (180 g)
Calories 41 kcal

SOYBEANS



Iron 4.4 mg (25% DV)
Serving Size 1/2 cup (86 g)
Calories 148 kcal

SWISS CHARD



Iron 4.0 mg (22% DV)
Serving Size 1 cup (175 g)
Calories 35 kcal

SESAME SEEDS



Iron 3.9 mg (22% DV)
Serving Size 3 tbsp (27 g)
Calories 155 kcal

PUMPKIN



Iron 3.4 mg (19% DV)
Serving Size 1 cup (245 g)
Calories 83 kcal

TOFU



Iron 3.4 mg (19% DV)
Serving Size 1/2 cup (126 g)
Calories 181 kcal

WHITE BEANS



Iron 3.3 mg (18% DV)
Serving Size 1/2 cup (90 g)
Calories 125 kcal

GREEN LENTILS



Iron 3.3 mg (18% DV)
Serving Size 1/2 cup (99 g)
Calories 115 kcal

BEET GREENS



Iron 2.7 mg (15% DV)
Serving Size 1 cup (144 g)
Calories 39 kcal

MUSHROOMS



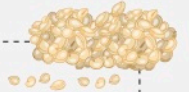
Iron 2.7 mg (15% DV)
Serving Size 1 cup (156 g)
Calories 44 kcal

PUMPKIN SEEDS



Iron 2.6 mg (15% DV)
Serving Size 3 tbsp (30 g)
Calories 167 kcal

AMARANTH



Iron 2.6 mg (14% DV)
Serving Size 1/2 cup (123 g)
Calories 126 kcal

DARK CHOCOLATE



Iron 2.4 mg (13% DV)
Serving Size 1/3 bar (30 g)
Calories 164 kcal

HEMPSEEDS



Iron 2.4 mg (13% DV)
Serving Size 3 tbsp (30 g)
Calories 166 kcal

CHICKPEAS



Iron 2.4 mg (13% DV)
Serving Size 1/2 cup (82 g)
Calories 135 kcal

CHIA SEEDS



Iron 2.3 mg (13% DV)
Serving Size 3 tbsp (30 g)
Calories 146 kcal

LIMA BEANS



Iron 2.2 mg (12% DV)
Serving Size 1/2 cup (94 g)
Calories 108 kcal

TEMPEH



Iron 2.2 mg (12% DV)
Serving Size 1/2 cup (83 g)
Calories 160 kcal

*Vegans need 1.8 times more iron than omnivores.

This list contains foods that have over 2 milligrams (mg) of iron per serving. Consuming these with foods that are rich in vitamin C increases their absorption. According to the FDA, the Daily Value percentage (% DV) of iron is based on 18 mg.