

Iron Sources

Food	Serving Size	Iron (mg)
Meat, Fish, and Poultry		
Beef liver	3.5	6.3
T-bone steak	3.5	3.0
Ground beef	3.5	2.1
Turkey, dark	3.5	2.3
Tuna, canned	3.0	1.3
Pork loin	3.5	1.1
Chicken breast	½ breasts	1.0
Breads and Cereals		
Total cereal	1 cup	18
Oatmeal, instant	1 packet	6.3
Cornflakes	1 cup	1.8
White, enriched bread	1 slice	1.0
White wheat bread	1 slice	0.9
Dried Beans and Peas		
Lentils, cooked	1 cup	6.6
Lima beans, cooked	1 cup	4.5
Garbanzo beans, canned	1 cup	3.2
Kidney beans, canned	1 cup	3.2
Green peas, cooked	1 cup	2.4
Fruits and Vegetables		
Dried peaches	10 halves	5.3
Dried figs	10 each	4.2
Spinach, cooked	½ cup	3.2
Broccoli, cooked	½ cup	0.6
Apple, raw	1 medium	0.2
Orange, raw	1 medium	0.2
Dairy Products		
Cheddar cheese	1 oz.	0.2
Milk, low fat	1 cup	0.1

Folic Acid Sources

Food	Serving Size	Folate (mcg)
Product 19	1 cup	400
Total cereal	¾ cup	400
Brewer's yeast	1 Tbs.	313
Lentils, cooked	½ cup	179
Pinto beans or chickpeas, cooked	½ cup	145
Spinach, cooked	½ cup	131
	½ cup	115

Red kidney beans, cooked	5 spears	110
Asparagus, cooked	1 cup	109
Orange juice, from frozen concentrate	1 cup	109
Spinach, raw	1 cup	100
Most breakfast cereals	$\frac{1}{4}$ cup	100
Wheat germ, toasted	1 cup	76
Romaine lettuce, shredded	$\frac{1}{2}$ cup	47
Split peas, cooked	$\frac{1}{2}$ cup	45
Beats, cooked	$\frac{1}{2}$ cup	45
Orange juice, not from concentrate		39
Broccoli, cooked		