

Table 2: Iron Content of Selected Foods [25]

Food	Milligrams per serving	Percent DV*
Breakfast cereals, fortified with 100% of the DV for iron, 1 serving	18	100
Pumpkin seeds, 100 grams***	8.8	49
White beans, canned, 1 cup	8	44
Oysters, eastern, cooked with moist heat, 3 ounces	8	44
Cashews 100 grams***	6.7	37
Dried Apricots, 1 cup***	5.7	32
Amaranth, 1 cup**	5.2	29
Tempeh, 1 cup**	4.5	25
Tofu, ½ package***	4	22
Almonds, 100 grams***	3.7	21
Blackstrap Molasses, 1 tbsp**	3.6	20
Edamame 1 cup***	3.5	19
Lentils, boiled and drained, ½ cup	3	17
Spinach, boiled and drained, ½ cup	3	17
Tofu, firm, ½ cup***	3	17
Swiss Chard, 1 cup cooked**	2.8	16
Quinoa, ¼ cup dried***	2	11
Chia Seeds, ¼ cup***	2	12
Chocolate, dark, 45%–69% cacao solids, 1 ounce	2	11
Kidney beans, canned, ½ cup	2	11
Sardines, Atlantic, canned in oil, drained solids with bone, 3 ounces	2	11
Chickpeas, boiled and drained, ½ cup	2	11
Tomatoes, canned, stewed, ½ cup	2	11
Beef, braised bottom round, trimmed to 1/8" fat, 3 ounces	2	11
Potato, baked, flesh and skin, 1 medium potato	2	11
Cashew nuts, oil roasted, 1 ounce (18 nuts)	2	11
Acorn squash, 1 cup cooked**	1.9	11
Quick Oats, ½ cup**	1.6	9
Sesame Seeds or tahini, 1 tbsp**	1.3	7
Mushrooms, cooked, 1 cup** (will vary based on species)	1	6
Green peas, boiled, ½ cup	1	6
Chicken, roasted, meat and skin, 3 ounces	1	6
Rice, white, long grain, enriched, parboiled, drained, ½ cup	1	6
Bread, whole wheat, 1 slice	1	6
Bread, white, 1 slice	1	6
Raisins, seedless, ¼ cup	1	6
Spaghetti, whole wheat, cooked, 1 cup	1	6
Tuna, light, canned in water, 3 ounces	1	6

Food	Milligrams per serving	Percent DV*
Turkey, roasted, breast meat and skin, 3 ounces	1	6
Nuts, pistachio, dry roasted, 1 ounce (49 nuts)	1	6
Broccoli, boiled and drained, ½ cup	1	6
Egg, hard boiled, 1 large	1	6
Rice, brown, long or medium grain, cooked, 1 cup	1	6

Most information on this chart is from NIH unless indicated.

* DV = Daily Value. The U.S. Food and Drug Administration (FDA) developed DVs

**These values are from <https://www.nutritionvalue.org/>. I searched high and low for a trustworthy source of nutritional information and did not find one. The labels on products purchased from the store are likely the most trustworthy as most products are lab tested.

***Verified by food labels at BulkBarn, Superstore, etc.

Table 2: Vitamin C Content of Selected Foods [12]

Food	Milligrams (mg) per serving	Percent (%) DV*
Red pepper, sweet, raw, ½ cup	95	106
Orange juice, ¾ cup	93	103
Orange, 1 medium	70	78
Grapefruit juice, ¾ cup	70	78
Kiwifruit, 1 medium	64	71
Green pepper, sweet, raw, ½ cup	60	67
Broccoli, cooked, ½ cup	51	57
Strawberries, fresh, sliced, ½ cup	49	54
Brussels sprouts, cooked, ½ cup	48	53
Grapefruit, ½ medium	39	43
Broccoli, raw, ½ cup	39	43
Tomato juice, ¾ cup	33	37
Cantaloupe, ½ cup	29	32
Cabbage, cooked, ½ cup	28	31
Cauliflower, raw, ½ cup	26	29
Potato, baked, 1 medium	17	19
Tomato, raw, 1 medium	17	19
Spinach, cooked, ½ cup	9	10
Green peas, frozen, cooked, ½ cup	8	9