

Source: American Academy of Pediatrics

## Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children (0-3 Years of Age)

**TABLE 3** Foods to Increase Iron Intake and Iron Absorption

	Elemental Iron, mg
Commercial baby food, <sup>a</sup> heme iron	
Meat	
Baby food, lamb, junior, 1 jar (2.5 oz)	1.2
Baby food, chicken, strained, 1 jar (2.5 oz)	1.0
Baby food, lamb, strained, 1 jar (2.5 oz)	0.8
Baby food, beef, junior, 1 jar (2.5 oz)	0.7
Baby food, beef, strained, 1 jar (2.5 oz)	0.7
Baby food, chicken, junior, 1 jar (2.5 oz)	0.7
Baby food, pork, strained, 1 jar (2.5 oz)	0.7
Baby food, ham, strained, 1 jar (2.5 oz)	0.7
Baby food, ham, junior, 1 jar (2.5 oz)	0.7
Baby food, turkey, strained, 1 jar (2.5 oz)	0.5
Baby food, veal, strained, 1 jar (2.5 oz)	0.5
Commercial baby food, <sup>a</sup> nonheme iron	
Vegetables	
Baby food, green beans, junior, 1 jar (6 oz)	1.8
Baby food, peas, strained, 1 jar (3.4 oz)	0.9
Baby food, green beans, strained, 1 jar (4 oz)	0.8
Baby food, spinach, creamed, strained, 1 jar (4 oz)	0.7
Baby food, sweet potatoes, junior (6 oz)	0.7
Cereals	
Baby food, brown rice cereal, dry, instant, 1 tbsp	1.8
Baby food, oatmeal cereal, dry, 1 tbsp	1.6
Baby food, rice cereal, dry, 1 tbsp	1.2
Baby food, barley cereal, dry, 1 tbsp	1.1
Table food, heme iron	
Clams, canned, drained solids, 3 oz	23.8
Chicken liver, cooked, simmered, 3 oz	9.9
Oysters, Eastern canned, 3 oz	5.7
Beef liver, cooked, braised, 3 oz	5.6
Shrimp, cooked moist heat, 3 oz	2.6
Beef, composite of trimmed cuts, lean only, all grades, cooked, 3 oz	2.5
Sardines, Atlantic, canned in oil, drained solids with bone, 3 oz	2.5
Turkey, all classes, dark meat, roasted, 3 oz	2.0
Lamb, domestic, composite of trimmed retail cuts, separable lean only, choice, cooked, 3 oz	1.7
Fish, tuna, light, canned in water, drained solids, 3 oz	1.3
Chicken, broiler or fryer, dark meat, roasted, 3 oz	1.1
Turkey, all classes, light meat, roasted, 3 oz	1.1
Veal, composite of trimmed cuts, lean only, cooked, 3 oz	1.0
Chicken, broiler or fryer, breast, roasted, 3 oz	0.9
Pork, composite of trimmed cuts (leg, loin, shoulder), lean only, cooked, 3 oz	0.9
Fish, salmon, pink, cooked, 3 oz	0.8
Table food, nonheme iron	
Oatmeal, instant, fortified, cooked, 1 cup	14.0
Blackstrap molasses, <sup>b</sup> 2 tbsp	7.4
Tofu, raw, regular, ½ cup	6.7
Wheat germ, toasted, ½ cup	5.1
Ready-to-eat cereal, fortified at different levels, 1 cup	~4.5 to 18
Soybeans, mature seeds, cooked, boiled, ½ cup	4.4
Apricots, dehydrated (low-moisture), uncooked, ½ cup	3.8
Sunflower seeds, dried, ½ cup	3.7

# BLUE FISH

## P E D I A T R I C S

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Lentils, mature seeds, cooked, ½ cup	3.3
Spinach, cooked, boiled, drained, ½ cup	3.2
Chickpeas, mature seeds, cooked, ½ cup	2.4
Prunes, dehydrated (low-moisture), uncooked, ½ cup	2.3
Lima beans, large, mature seeds, cooked, ½ cup	2.2
Navy beans, mature seeds, cooked, ½ cup	2.2
Kidney beans, all types, mature seeds, cooked, ½ cup	2.0
Molasses, 2 tbsp	1.9
Pinto beans, mature seeds, cooked, ½ cup	1.8
Raisins, seedless, packed, ½ cup	1.6
Prunes, dehydrated (low moisture), stewed, ½ cup	1.6
Prune juice, canned, 4 fl oz	1.5
Green peas, cooked, boiled, drain, ½ cup	1.2
Enriched white rice, long-grain, regular, cooked, ½ cup	1.0
Whole egg, cooked (fried or poached), 1 large egg	0.9
Enriched spaghetti, cooked, ½ cup	0.9
White bread, commercially prepared, 1 slice	0.9
Whole-wheat bread, commercially prepared, 1 slice	0.7
Spaghetti or macaroni, whole wheat, cooked, ½ cup	0.7
Peanut butter, smooth style, 2 tbsp	0.6
Brown rice, medium-grain, cooked, ½ cup	0.5

Note that all figures are rounded.

<sup>a</sup> Baby food values are generally based on generic jar, not branded jar; 3 oz of table-food meat = 85 g; a 2.5-oz jar of baby food = 71 g (an infant would not be expected to eat 3 oz [approximately the size of a deck of cards] of pureed table meat at a meal).

<sup>b</sup> Source of iron value was obtained from a manufacturer of this type of molasses.

Source of iron values in foods: US Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 20: Nutrient Data Laboratory home page. Available at: [www.ars.usda.gov/ba/bhnrc/ndl](http://www.ars.usda.gov/ba/bhnrc/ndl).