

# Iron Content of Infant and Table Foods

## Recommended Iron Intake

**Table 1: Recommended Dietary Allowances (RDAs) for Iron [5]**

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	0.27 mg*	0.27 mg*		
7-12 months	11 mg	11 mg		
1-3 years	7 mg	7 mg		
4-8 years	10 mg	10 mg		
9-13 years	8 mg	8 mg		
14-18 years	11 mg	15 mg	27 mg	10 mg
19-50 years	8 mg	18 mg	27 mg	9 mg
51+ years	8 mg	8 mg		

\* Adequate Intake (AI)

## Foods to Increase Iron Intake and Iron Absorption

	Elemental Iron, mg (a) heme iron
<b>Commercial baby food,</b>	
<b>Meat</b>	
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,**

**(a) 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 (b), 2 tbsp	7.4
Tofu, raw, regular, 1/2 cup	6.7
Wheat germ, toasted, 1/2 cup	5.1

Ready-to-eat cereal, fortified at different levels, 1 cup _	4.5 to 18
Soybeans, mature seeds, cooked, boiled, 1/2 cup	4.4
Apricots, dehydrated (low-moisture), uncooked, 1/2 cup	3.8
Sunflower seeds, dried, 1/2 cup	3.7
Lentils, mature seeds, cooked, 1/2 cup	3.3
Spinach, cooked, boiled, drained, 1/2 cup	3.2
Chickpeas, mature seeds, cooked, 1/2 cup	2.4
Prunes, dehydrated (low-moisture), uncooked, 1/2 cup	2.3
Lima beans, large, mature seeds, cooked, 1/2 cup	2.2
Navy beans, mature seeds, cooked, 1/2 cup	2.2
Kidney beans, all types, mature seeds, cooked, 1/2 cup	2.0
Molasses, 2 tbsp	1.9
Pinto beans, mature seeds, cooked, 1/2 cup	1.8
Raisins, seedless, packed, 1/2 cup	1.6
Prunes, dehydrated (low moisture), stewed, 1/2 cup	1.6
Prune juice, canned, 4 fl oz	1.5
Green peas, cooked, boiled, drain, 1/2 cup	1.2
Enriched white rice, long-grain, regular, cooked, 1/2 cup	1.0
Whole egg, cooked (fried or poached), 1 large egg	0.9
Enriched spaghetti, cooked, 1/2 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, 1/2 cup	0.7
Peanut butter, smooth style, 2 tbsp	0.6
Brown rice, medium-grain, cooked, 1/2 cup	0.5

Note that all figures are rounded.

(a) 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).

(b) 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).