

HEME SOURCES OF IRON

BEEF

- Beef liver - **6.49 mg**
- Ground beef - **1.94 mg**
- Beef steak - **1.85 mg**

CHICKEN

- Chicken liver - **8.99 mg**
- Chicken thighs - **0.68 mg**
- Chicken breast - **0.64 mg**

PORK

- Ground, cooked pork - **1.29 mg**

SALMON*

- Canned, sockeye salmon, without salt, drained solids with bone - **1.06 mg**
- Fresh salmon - **0.8 mg**

LAMB

- Lamb, various cuts - **1.86 mg**
- Lamb (New Zealand), ground & cooked - **1.27 mg**

TURKEY

- Turkey, ground & cooked - **1.52 mg**
- Turkey, dark meat - **1.43 mg**
- Turkey, white meat - **1.03 mg**

OTHER

- Canned Atlantic Sardines* - **2.92 mg**
- Venison - **2.92 mg**
- Clams* - **2.81 mg**

*Fish and shellfish are top allergens and need to be introduced following proper allergy introduction protocols.