

NON-HEME SOURCES OF IRON

RANKED HIGHEST TO LOWEST IN IRON CONTENT PER 100G

- Soybeans* - 15.7 mg
- Hulled hemp seed - 7.95 mg
- Cashews* - 6.68 mg
- Lentils, raw - 6.51 mg
- Black olives - 6.28 mg
- Tofu*, raw, prepared with calcium sulfate - 5.36 mg
- Tofu*, fried - 4.87 mg
- Oats - 4.25 mg
- Almonds*- 3.71 mg
- Spinach, cooked - 3.57 mg
- White beans - 2.99 mg
- Chickpeas - 2.89 mg
- Amaranth grain, cooked - 2.1 mg
- Hard boiled egg* - 1.75 mg
- Canned coconut milk - 1.64 mg
- Prune juice - 1.18 mg



*Soybeans (from which tofu is also made), cashews, almonds, and eggs are top allergens and need to be introduced following proper allergy introduction protocols.