

Top 12 Sources of Iron

18mg/day for women age 19-50 | 27mg/day if pregnant | 19mg/day if lactating
8mg/day for men age 19+ & women age 51+



Cereal, Fortified



Hot Cereal, Fortified



Oysters



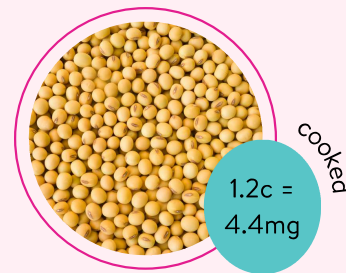
Spinach



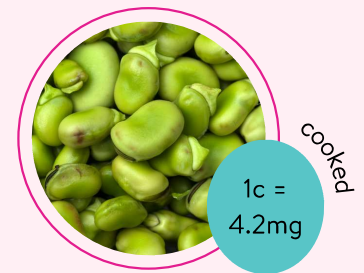
Mussels



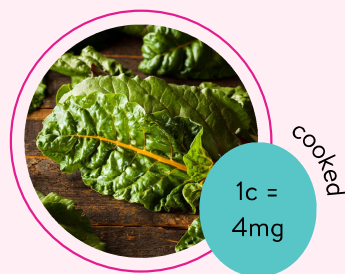
Sunchokes



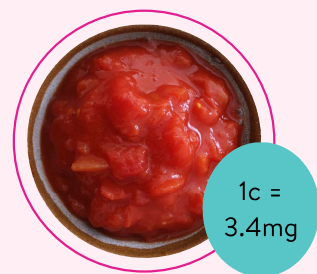
Soybeans



Lima Beans



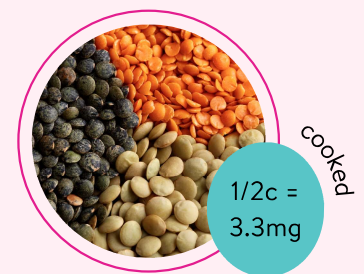
Swiss Chard



Canned Stewed Tomatoes



White Beans



Lentils