

## TOP 15 PLANT-BASED IRON-RICH FOODS

barley, hulled	1 cup, cooked	6.62 mg
spinach	1 cup, cooked	6.43 mg
chickpeas	1 cup, cooked	4.74 mg
adzuki beans	1 cup, cooked	4.60 mg
Jerusalem artichokes	1 cup, raw	5.10 mg
lima beans, large	1 cup, cooked	4.49 mg
sesame seeds, whole, roasted	1oz/28g	4.18 mg
cashews, dry roasted	1/2 cup	4.11 mg
potatoes, baked, with skin	1	4.08 mg
peas	1 cup, cooked	3.84 mg
buckwheat	1 cup, cooked	3.74 mg
edamame	1 cup, cooked	3.52 mg
quinoa	1 cup, cooked	2.76 mg
kale (blue scotch)	1 cup, cooked	2.51 mg
pumpkin seeds, dried	1oz/28g/2 tbp	2.50 mg
Numbers from the National Nutrient Database for Standard Reference.		