

# Top 10 Foods Highest in Iron

18mg of Iron = 100% of the Daily Value (%DV)

## 1 Fortified Cereals



**109% DV** (19.6mg)  
per 3/4 cup

113 calories

## 2 Beef (Skirt Steak)



**52% DV** (9.3mg)  
per 6oz steak

456 calories

## 3 Shellfish (Oysters)



**43% DV** (7.8mg)  
per 3oz serving

139 calories

## 4 Dried Fruit (Apricots)



**42% DV** (7.5mg)  
per cup

381 calories

## 5 Large White Beans



**37% DV** (6.6mg)  
per cup

249 calories

## 6 Spinach



**36% DV** (6.4mg)  
per cup cooked

41 calories

## 7 Baking Chocolate (Unsweetened)



**28% DV** (5mg)  
per 1oz square

186 calories

## 8 Quinoa



**15% DV** (2.8mg)  
per cup

222 calories

## 9 White Button Mushrooms



**15% DV** (2.7mg)  
per cup cooked

44 calories

## 10 Squash and Pumpkin Seeds



**14% DV** (2.5mg)  
per 1oz handful

159 calories