



"Providing Quality Healthcare to All"

BEST MEDICAL CARE, PC

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PATIENT INFORMATION

ANEMIA

IRON RICH FOODS(More than 1.5 Mg Per serving)High IRON Diet concluded

FOOD	AVERAGE SERVING APPROXIMATE MEASURE	IRON MG PER SERVING
Avocado	1 MEDIUM	2.0
Beans, dry	½ C	2.6
Beef, Rib, Roast corned	2 OZ	1.8
Chard	2/3 C	1.8
Chili Con Care ,With Beans	1 C	4.6
Clams	½ C	4.2
Dandelion Greens	½ C	1.8
Cereal- dry fortified with iron& cooked fortified with iron	1C	4.5
Figs	5 medium	2.0
Heart, Beef	2 oz	7.8
Instant Breakfast	1c	4.6
Kidney, Beef	2 oz	7.8
Kidney, Beans	2/5 c	1.8
Lentils, cooked	2/3 c	2.2
Lima, Beans	½ c	1.9
Liver, beef	2 oz	5.2
Liver sausage	1 slice	1.6
Oyster, raw	6 medium	6
Peaches, dried	3 halves	1.7
Raisin Bran	½ c	4.5
Raisins	5 Tbsp	1.7
Sardines	2 oz	3.5
Shrimp, canned	2 oz	1.9
Soybeans, cooked	2/3 c	2.5
Flour	3 Tbsp	2.0
Spinach	½ oz	1.9
Tofu	3 ½ oz	1.9
Veal roast	2 oz	2.2
Whole Wheat bread	2 slices	1.8

Reference: Kraus, M. and Mahan, L : Food , Nutrition and Diet Therapy. 7th Ed. W.B.Saunders