

10 IRON-RICH PLANT FOODS

Eating and absorbing enough iron every day is vital for your brain function, energy levels and immune system. Are you getting enough iron? If you are vegan or vegetarian, your iron requirements are higher than for those who eat meat.

Iron Daily Goals:

Women (18 +) = 32 mg; Men (18 +) = 14 mg

Pregnant women = 49 mg

Women (50 +) = 14 mg

Broccoli

1 cup = 1 mg

Dark chocolate

1 OZ. = 3.3 mg

Lentils

1 cup = 6.6 mg

Spinach

3.5 OZ. = 2.7 mg

Black beans

1 cup = 3.6 mg

Tofu

1/2 cup = 3.3 mg

Pumpkin seeds

1 OZ. = 2.5 mg

Raisins

3 OZ. = 1.6 mg

Quinoa

1 cup = 2.7 mg

Oats

1 cup = 3.6 mg