

IRON

While the Recommended Daily Allowance (RDA) for Iron does vary by age and pregnancy, for adults under 50 it is 18 mg.

Foods Containing the Highest Levels of Iron (Fe mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5
2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods, and Select Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables and Vegetable Products

Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

Observations:

- Dried foods, like Goji Berry and Hot Chilli Pepper, have relative high Iron Values. This is because they are dried and weigh less so there is a higher volume of food per 100 grams. Iron is not destroyed in the drying process.
- Sprouted seeds, peas and beans contain a higher value of Iron than unsprouted

Description	Iron, Fe(mg) Per 100 g
Mushrooms, morel, raw	12.18
Seaweed, irishmoss, raw	8.9
Lemon grass (citronella), raw	8.17
Goji berries, dried	6.8
Parsley, fresh	6.2
Peppers, hot chile, sun-dried	6.04
Soybeans, green, raw	3.55
Mushrooms, Chanterelle, raw	3.47
Jerusalem-artichokes, raw	3.4
Borage, raw	3.3
Potatoes, raw, skin	3.24

Lentils, sprouted, raw	3.21
Dandelion greens, raw	3.1
Kale, scotch, raw	3
Seaweed, kelp, raw	2.85
Spinach, raw	2.71
Grape leaves, raw	2.63
Raisins, seeded	2.59
Beet greens, raw	2.57
Arrowhead, raw	2.57
Cabbage, kimchi	2.5
Persimmons, native, raw	2.5
Fireweed, leaves, raw	2.4
Dock, raw	2.4
Amaranth leaves, raw	2.32
Chrysanthemum leaves, raw	2.3
Peas, mature seeds, sprouted, raw	2.26
Pumpkin leaves, raw	2.22
Arrowroot, raw	2.22
Seaweed, wakame, raw	2.18
Broccoli raab, raw	2.14
Asparagus, raw	2.14
Leeks, (bulb and lower leaf-portion), raw	2.1
Soybeans, mature seeds, sprouted, raw	2.1
Peas, edible-podded, raw	2.08
Purslane, raw	1.99
Beans, navy, mature seeds, sprouted, raw	1.93
Seaweed, agar, raw	1.86
Mulberries, raw	1.85
Chard, swiss, raw	1.8
Seaweed, laver, raw	1.8
Raisins, golden seedless	1.79
Coriander (cilantro) leaves, raw	1.77
Pokeberry shoots, (poke), raw	1.7
Garlic, raw	1.7
Stinging Nettles, blanched (Northern Plains Indians)	1.64
Mustard greens, raw	1.64
Elderberries, raw	1.6
Chives, raw	1.6
Passion-fruit, (granadilla), purple, raw	1.6
Beans, fava, in pod, raw	1.55
Mustard (tendergreen), raw	1.5

Kale, raw	1.47
Peas, green, raw	1.47
Arugula, raw	1.46
Brussels sprouts, raw	1.4
Lettuce, butterhead (includes boston and bibb types), raw	1.24
Shallots, raw	1.2
Peppers, hot chili, green, raw	1.2
Lettuce, red leaf, raw	1.2
Turnip greens, raw	1.1
Beans, snap, yellow, raw	1.04
Beans, snap, green, raw	1.03
Peppers, hot chili, red, raw	1.03
Currants, red and white, raw	1
Groundcherries, (cape-gooseberries or poha), raw	1
Lettuce, cos or romaine, raw	0.97
Sweet potato leaves, raw	0.97
Alfalfa seeds, sprouted, raw	0.96
Mung beans, mature seeds, sprouted, raw	0.91
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.91
Chicory greens, raw	0.9
Carrots, baby, raw	0.89
Broccoli, flower clusters, raw	0.88
Lettuce, green leaf, raw	0.86