

**LIST OF IRON RICH FOODS FOR PATIENTS WITH ANEMIA**

FOODS	SERVING SIZE	IRON (mg)
Spinach (cooked)	¾ cup	3.4
Tofu	¾ cup	2.4
Peaches	½ cup	3.2
Lentils (cooked)	½ cup	3.3
Peaches	½ cup	1.3
Fortified cereals (ready-to-eat)	1 ounce	1.8-19.2
Oat meal	1 cup	3.6
Prune juice	¾ cup	2.3
Whole Wheat Bread	2 slices	1.4
Figs (dried)	½ cup	2.2
Tomato paste	¼ cup	2,0
Raisins	¼ cup	0.8
Dates	½ cup	1.0
Tofu	¾ cup	2.4
Kidney Beans (cooked)	¾ cup	3.9
Soy Beans (cooked)	½ cup	2.4
Chick peas (cooked)	½ cup	2.4
Potato	1 (medium)	1.9
Almonds	½ cup	2.6
Apricots	½ cup	3.0