



Plant-Based Foods High in Iron

Food	Serving size	Iron (mg)
Legumes		
Black beans, cooked	1 cup	8.8 mg
Lentils, cooked	1 cup	6.6 mg
Tofu, firm, cooked	1/2 cup	5.2 mg
Whole grains		
Oatmeal, cooked	1 cup	4.5 mg
Quinoa, cooked	1 cup	3.5 mg
Whole wheat bread	2 slices	2.2 mg
Dark leafy greens		
Spinach, cooked	1 cup	3.6 mg
Kale, cooked	1 cup	3.2 mg
Collard greens, cooked	1 cup	2.9 mg
Dried fruits		
Figs, dried	5 medium	2.9 mg
Raisins	1/2 cup	2.7 mg
Fortified foods		
Cereal, fortified with iron	1 cup	18 mg
Soy milk, fortified with iron	1 cup	10 mg

Note: The iron content of foods can vary depending on the variety, preparation method, and other factors. It is always best to consult a registered dietitian or other healthcare professional for individualized guidance on meeting your iron needs.