

Vegan sources of iron

Iron is a trace mineral that is needed to make haemoglobin, a protein that transports oxygen around the body. It is required for energy production, red blood cell health, immune function, brain health, hormone synthesis and connective tissue formation.

Recommended Daily Intake (RDI) for iron



19+ male
8 mg/day



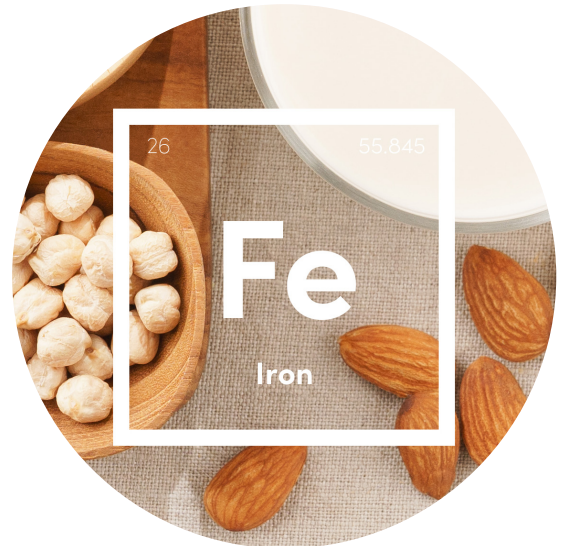
19+ female
18 mg/day



Pregnancy
27 mg/day



Lactation
9 mg/day



Food (serving size)	Iron (mg)
Lentils , cooked (198g, 1 cup)	6.6
Beans , white, cooked (170g, 1 cup)	6.6
Spinach , cooked (225g, 1 cup)	6.4
Breakfast cereals , iron fortified (30g, 1 cup)	1.0 – 5.0
Oats, rolled , uncooked (100g, 1 cup)	3.5
Apricots , dried (100g, ½ cup)	3.1
Pumpkin seed , hulled, dried (30g, ¼ cup)	3.0
Tofu, firm , raw (100g)	2.9
Quinoa , cooked (185g, 1 cup)	2.8
Tomatoes , sundried (50g, 1 cup)	2.8
Tempeh (100g)	2.7
Sunflower seeds (50g, ½ cup)	2.3
Red kidney beans , canned, drained (100g, ½ cup)	2.1
Swiss chard , cooked, boiled (90g, ½ cup)	2.0
Chinese cabbage , pak-choi, shredded, boiled (170g, 1 cup)	1.8
Chickpeas , canned, drained (100g, ½ cup)	1.8
Cashew nuts , roasted or raw (30g, ¼ cup)	1.5
Potato , with skin, baked (1 medium)	1.8
Almonds , with skin, raw (30g, ¼ cup)	1.1
Asparagus , green, raw (100g, ¾ cup)	1.0
Broccoli , cooked (156g, 1 cup)	1.0
Chia seeds (10g, 1 tablespoon)	0.8
Hemp seeds , hulled (10g, 1 tablespoon)	0.8
Linseed or flaxseed (10g, 1 tablespoon)	0.6
Prunes (5 prunes)	0.4

* Plant-based sources of iron (non-haem iron) such as legumes & whole grains contain phytates that inhibit iron absorption. Other inhibitors include coffee, black tea, soy protein and calcium. Vitamin C enhances non-haem iron absorption.