

Preventive Medicine Clinics of the Desert
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Foods High in Iron

The following list indicates foods highest in iron and lowest in calories. At the top of the list are foods which have the highest iron level and the lowest calories as we move down the list iron decreases and calories increase.

Cereals

Kellogg's Product 19	Cream of Wheat, Regular
General Mills, Total Raisin Bran	Quaker, Corn Grits, Instant
General Mills, Total Corn Flakes	General Mills, Honey Nut Chex
General Mills, Whole Grain Total	General Mills, Corn Chex
Kellogg's All-Bran Complete Wheat Flakes	Quaker Oat Life, Plain
Malt-O-Meal, Plainr	Quaker Toasted Oatmeal
Kellogg's Frosted Mini-Wheats	General Mills, Wheat Chex
Cream of Wheat, Quick	General Mills, Wheaties
Kellogg's Rice Krispies	Kellogg's Special K
Instant Oats, Fortifiedn	Kellogg's Corn Flakes
General Mills, Rice Chex	Kellogg's Raisin Bran
Kellogg's Crispix	Wheaties Raisin Bran
General Mills, Kix	Quaker Oat Cinnamon Life
General Mills, Cheerios	General Mills, Raisin Nut Bran

General Foods Non -Meats

Wheat flour, white, cake, enriched	Sauerkraut, canned
Rice, white, long-grain, parboiled, enriched, dry	Pumpkin, canned
Soybeans, mature cooked, boiled	Tomatoes, red, ripe, canned, stewed
Brewer's Yeast	Cherries, sour, red, canned
Sorghum molasses	Red kidney beans, canned
Baked beans, canned, pork and tomato sauce	Turnip greens, frozen, cooked
Rice, white, long-grain, regular, enriched	Rice, white, long-grain, parboiled, enriched
Wheat germ	Prune juice, canned
Beans, white, mature seeds, canned	Beet greens, cooked, boiled
Tomato products, canned, paste	Raisins, seedless
Lentils, mature seeds, cooked, boiled	Mushrooms, white, cooked
Cornmeal, degermed, enriched, yellow	Tapioca, pearl, dry
Spinach, cooked, boiled, drained	Sweet potato, canned
Wheat germ	Lettuce, iceberg (includes crisphead types)
Wheat flour, white, bread, enriched	Collards, cooked, boiled
Cornmeal, degermed, enriched, yellow	Potato, baked, flesh and skin
Bread crumbs, dry, grated, seasoned	Plums, canned, purple
Wheat flour, all-purpose, enriched, bleached	Split pea soup, canned
Bagels -plain, onion, poppy, sesame- enriched	Dates, deglet noor
Red kidney beans, cooked	Bulgur, cooked
Jerusalem-artichokes	Cashew nuts
Beans, black, cooked	Miso
Beans, pinto, cooked	Raspberries, frozen, red

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Pine nuts	Lima beans, large, cooked
Apricots, peaches, raisins and prunes, dried	Lima beans, large, mature seeds, canned
Potatoes, instant, mashed	Cowpeas (blackeyes, crowder, southern), cooked
Pumpkin and squash seeds	Beans, navy, cooked
Oat bran, raw	Cornmeal, whole-grain, yellow
Barley, pearled, raw	Potatoes, baked, skin
Baking chocolate, unsweetened, squares	Peas, edible-podded, frozen, cooked
Spinach, canned, regular pack, drained solids	Beans, great northern, cooked
Buckwheat flour, whole-groat	Spinach, frozen, chopped or leaf, cooked
Chickpeas (garbanzo beans, bengal gram), cooked	Snacks, trail mix, tropical
Wheat flour, whole-grain	
Soybeans, green, cooked	

Meats and Meat Combinations

Mollusks, clam, mixed species, canned, drained solids
Turkey, all classes, giblets, cooked
Chicken, broilers or fryers, giblets, cooked, simmered
Braunschweiger (a liver sausage), pork
Duck, domesticated, meat only, cooked, roasted
Oysters, eastern, cooked, breaded and fried
Fast foods, hamburger; double, large patty; with condiments
Chili con carne with beans, canned entree
Beef stew, canned entree
Beef, variety meats and by-products, liver, cooked, pan-fried
Sardines, canned, mustard sauce
Baked, beans, canned, with pork
Spaghetti with meat sauce, frozen entree
Soup, bean with ham, canned, chunky, ready-to-serve
Lamb, domestic, shoulder, arm, lean
Chicken, liver, all classes, cooked
Chicken, canned, meat only, with broth
Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled
Beans, baked, canned, with franks