

Master List of Iron Rich Foods

Meat, Seafood & Eggs

- Red Meat
- Chicken
- Fish
- Eggs

Beans and Lentils

- Chickpeas
- Kidney Beans
- Black Eyed Peas
- Lima Beans
- Navy Beans
- Soy Beans
- Edamame
- Tofu
- Green Peas
- Green Gram
- Black Gram
- Horse Gram
- Red Lentil
- Moth Bean
- Bengal Gram
- White Peas
- Pigeon Peas

Whole Grains

- Millets
- Poha (flattened rice)
- Oats
- Whole Wheat
- Quinoa
- Amaranth
- Barley
- Fortified Cereal

Nuts & Seeds

- Almonds
- Cashews
- Walnut
- Peanut
- Pistachio
- Dates
- Raisins
- Figs
- Dried Apricot
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Hemp Seeds

Vegetables

- Spinach
- Fenugreek
- Mint Leaves
- Broccoli
- Dill
- Amaranth Leaves
- Sweet Potato
- Sprouts
- Beetroot

Fruits

- Strawberry
- Blueberry
- Pomegranate
- Figs
- Peach
- Grapes
- Pineapple