

How to meet your iron needs



How much iron do you need?



Males 14-18yrs
11mg per day



Females 14-18yrs
15mg per day



Males 19yrs+
8mg per day



Females 19-50yrs
18mg per day



Pregnant women
27mg per day



Adults 50yrs+
8mg per day

Foods high in iron

Animal-based iron - easily absorbed

Food source

Iron content in 100g



Lamb liver (grilled)

11mg



Sardines (fried)

6.1mg



Kangaroo (grilled loin fillet)

4.1mg



Chicken egg (poached)

1.98mg



Beef sausage (grilled)

1.31mg



Tuna (canned)

1.16mg

Plant-based iron - not easily absorbed

Food source

Iron content in 100g



Red lentils (dry)

9.1mg



Cashew nuts (unsalted)

5mg



Dried apricots

3.1mg



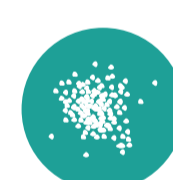
Spinach (raw)

3.0mg



Tofu (firm)

2.9mg



Chickpeas (canned)

1.8mg

Examples of iron-rich diets

Diet	Breakfast	Snack	Lunch	Snack	Dinner
Non-vegetarian (21.9mg)	2 poached eggs on a slice of wholemeal bread (4.6mg)	1 mixed grain bread roll with vegemite (3.7mg)	Wholemeal pasta with canned tuna (3.1mg)	50g unsalted cashew nuts (2.5mg)	Stir-fry with 200g diced lamb and 125g cooked brown rice (8mg)
Plant-based (20.2mg)	1 serve of toasted muesli with dried fruit and nuts (2.3mg)	1 mixed grain bread roll with vegemite (3.7mg)	Spinach, quinoa and chickpea salad (5.2mg)	50g unsalted cashew nuts (2.5mg)	Stir-fry with 200g tofu and 125g cooked brown rice (6.5mg)
Diet during pregnancy (27.6mg)	1 serve of mixed grain breakfast cereal flakes (e.g., Special K®) (5.5mg)	1 mixed grain bread roll with 1 hard boiled egg (4mg)	Wholemeal pasta with 100g of spinach and canned tuna (6.1mg)	50g unsalted cashew nuts plus 50g dried apricots (4mg)	Stir-fry with 200g diced lamb and 125g cooked brown rice (8mg)