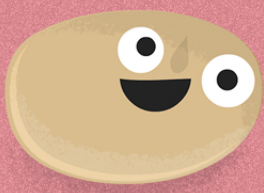


PLANT-BASED IRON SOURCES



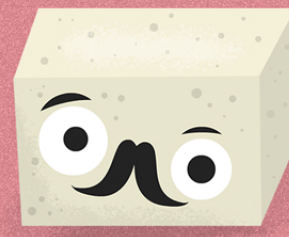
SOY
8.5mg/cup



WHITE BEANS
6.5mg/cup



GREEN LENTILS
6mg/cup



TOFU
5.4mg/100g



AMARANTH (COOKED)
5mg/cup



CHICKPEAS
4.5mg/cup



EDAMAME
3.5mg/cup



MUNG BEANS
3mg/cup



PEAS
2.5mg/cup



MUSHROOMS (COOKED)
2.5mg/cup



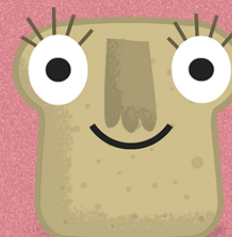
QUINOA
2.5mg/cup



SPINACH (COOKED)
2mg/½ cup



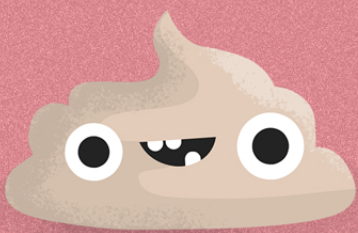
BEETROOT (COOKED)
1.5mg/cup



WHOLE WHEAT BREAD
1.5mg/slice



PUMPKIN (MASHED)
1.5mg/cup



TAHINI
1mg/tbsp



PARSLEY
1mg/⅓ cup



CHIA SEEDS
1mg/tbsp



KALE (CHOPPED)
1mg/cup



GOJI BERRIES
1mg/3 tbsp



POTATO (UNPEELED)
0.5mg/medium unit



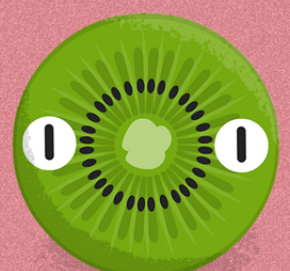
RED BELL PEPPER
0.5mg/medium unit



SUNFLOWER SEEDS
0.5mg/tbsp



ORANGE
0.5mg/medium unit



KIWI
0.5mg/2 units

[IRON CONTENT FOR A SERVING SIZE OF COOKED LEGUMES AND GRAINS]

