

Iron Foods

PER CALORIE

Vegetables

- parsley - 345 g/2000 cal
- spinach - 310 g/2000 cal
- beet greens - 235 g/2000 cal
- chard - 225 g/2000 cal
- hearts of palm - 225 g/2000 cal
- amaranth leaves - 200 g/2000 cal
- spirulina - 195 g/2000 cal
- broccoli raab - 195 g/2000 cal
- bok choy - 175 g/2000 cal
- sauerkraut - 155 g/2000 cal
- coriander leaf - 155 g/2000 cal
- dandelion greens - 140 g/2000 cal
- mustard greens - 120 g/2000 cal
- arugula - 115 g/2000 cal
- lettuce - 115 g/2000 cal
- snow peas - 100 g/2000 cal
- endive - 100 g/2000 cal
- scallions - 90 g/2000 cal
- asparagus - 80 g/2000 cal
- chicory greens - 80 g/2000 cal
- kimchi - 75 g/2000 cal
- leeks - 70 g/2000 cal
- kale - 70 g/2000 cal
- green beans - 65 g/2000 cal
- Brussels sprouts - 65 g/2000 cal
- mung bean sprouts - 60 g/2000 cal
- pumpkin - 55 g/2000 cal
- radicchio - 50 g/2000 cal
- zucchini - 50 g/2000 cal
- fennel bulb - 45 g/2000 cal
- potato (boiled, with skin) - 45 g/2000 cal
- dill pickles - 45 g/2000 cal
- sour pickles - 45 g/2000 cal
- radish - 40 g/2000 cal
- broccoli - 40 g/2000 cal
- green peas - 35 g/2000 cal
- cabbage - 35 g/2000 cal
- cucumber - 35 g/2000 cal
- beets - 35 g/2000 cal
- brown mushrooms - 35 g/2000 cal
- watercress - 35 g/2000 cal
- yellow bell pepper - 35 g/2000 cal
- green bell peppers - 35 g/2000 cal
- cauliflower - 35 g/2000 cal
- celeriac - 35 g/2000 cal
- shallots - 35 g/2000 cal
- acorn squash - 30 g/2000 cal
- red bell peppers - 30 g/2000 cal
- collards - 30 g/2000 cal
- kohlrabi - 30 g/2000 cal

Fruit

- mulberries - 85 g/2000 cal
- black olives - 70 g/2000 cal
- currants (black, fresh) - 50 g/2000 cal
- goji berries - 45 g/2000 cal
- passion fruit - 35 g/2000 cal
- tomato - 30 g/2000 cal
- blackberries - 30 g/2000 cal

Meat & Offal

- pork liver - 215 g/2000 cal
- lamb kidney - 180 g/2000 cal
- chicken liver - 140 g/2000 cal
- chicken heart - 100 g/2000 cal
- pork heart - 80 g/2000 cal
- beef heart - 75 g/2000 cal
- lamb liver - 75 g/2000 cal
- beef kidney - 75 g/2000 cal
- pork kidney - 70 g/2000 cal
- braunschweiger - 70 g/2000 cal
- beef liver - 70 g/2000 cal
- lamb heart - 60 g/2000 cal
- venison - 55 g/2000 cal
- veal liver - 55 g/2000 cal
- goat meat - 50 g/2000 cal
- beef jerky (low fat) - 40 g/2000 cal
- liverwurst - 40 g/2000 cal
- pate (pork liver) - 40 g/2000 cal
- ribeye filet (fat trimmed) - 40 g/2000 cal
- ground beef (97% lean) - 40 g/2000 cal
- roast beef - 35 g/2000 cal
- sirloin steak - 35 g/2000 cal
- flank steak (fat not eaten) - 35 g/2000 cal
- ground beef (95% lean) - 35 g/2000 cal
- buffalo - 35 g/2000 cal
- ground beef (93% lean) - 30 g/2000 cal
- top round steak - 30 g/2000 cal
- New York strip steak - 30 g/2000 cal
- frankfurter - 30 g/2000 cal

Seafood

- oyster - 125 g/2000 cal
- octopus - 115 g/2000 cal
- roe - 95 g/2000 cal
- caviar - 90 g/2000 cal
- mussels - 80 g/2000 cal
- anchovy - 40 g/2000 cal
- clams - 40 g/2000 cal
- mackerel - 25 g/2000 cal

Beans, Legumes, Grains, Nuts & Seeds

- wheat bran - 100 g/2000 cal
- natto - 80 g/2000 cal
- bran flakes - 80 g/2000 cal
- lentil sprouts - 60 g/2000 cal
- lentils - 55 g/2000 cal
- oat bran - 45 g/2000 cal
- amaranth (dry) - 40 g/2000 cal
- poppy seeds - 35 g/2000 cal
- mustard seed - 35 g/2000 cal
- tofu - 35 g/2000 cal
- edamame - 35 g/2000 cal
- chickpeas - 35 g/2000 cal
- English muffin - 35 g/2000 cal
- kidney beans - 35 g/2000 cal
- black beans - 30 g/2000 cal
- pinto beans - 30 g/2000 cal
- French bread - 30 g/2000 cal
- hemp seeds - 30 g/2000 cal
- pumpkin/squash seeds - 30 g/2000 cal
- white bread - 25 g/2000 cal
- wheat bread - 25 g/2000 cal