



# How to meet your iron needs

## How much iron do you need?



Boys 14-18  
11mg per day



Girls 14-18  
15mg per day



Males 19+  
8mg per day



Females 19-50  
18mg per day



Pregnant women  
27mg per day



Females 50+  
8mg per day

## Foods high in iron

### Animal-based iron - easily absorbed

### Vegetable-based iron - not easily absorbed

Food source	Iron content in 100g	Food source	Iron content in 100g
Liver	11mg	Lentils	7.5mg
Red meat	3.3mg	Wheat flakes cereal	7.5mg
Eggs	2mg	Mixed grain bread roll	5mg
Ham	1.5mg	Wholemeal pasta	4mg
Salmon	1.3mg	Chickpeas	1.8mg
Tinned tuna	1.1mg	Raw spinach	1.2mg

## Examples of iron-rich diets

Diet	Breakfast	Snack	Lunch	Snack	Dinner
Non-vegetarian (24mg)	Muesli with dried fruit (6mg)	Bread roll with butter (4mg)	Pasta with cooked salmon (5mg)	Cashew nuts (1mg)	Beef with lentils (8mg)
Vegetable-based (25mg)	Wheat cereals with dried fruit (8mg)	Bread roll with butter (4mg)	Lentils and kidney beans salad (9mg)	Cashew nuts (1mg)	Spinach salad with tofu (3mg)
Diet during pregnancy (29mg)	Wheat cereals with dried fruit (8mg)	Bread roll with hummus (6mg)	Pasta with cooked salmon (5mg)	Cashew nuts (1mg)	Lentils and kidney beans salad (9mg)

\* Source: Nutrient tables for use in Australia (NUTTAB 2010) - [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

Visit [www.healthdirect.gov.au/foods-high-in-iron](http://www.healthdirect.gov.au/foods-high-in-iron) for more information