

THE ISMAILI






NUTRITION CENTRE

Top 10 Iron Rich Foods

National Institute of Nutrition, Indian Council of Medical Research

Many factors influence our food intake. Individual preferences, availability, accessibility, social, environmental and cultural factors all interact to shape what we eat. Additionally, nutrient contents in foods can vary significantly because of environmental, genetic and processing influences such as feed, soil, climate, genetic resources (varieties/cultivars, breeds), storage conditions, processing, fortification and market share (Food and Agriculture Organization of the United Nations).

There are many food sources rich in iron. Here are top 10 to consider.

Food Item	Serving
1  Crab Muscle	3.5 oz 100 g
2  Cow Pea Leaves (Chawli)	3.5 oz 100 g
3  Beef Meal	3.5 oz 100 g
4  Table Radish Leaves (Mooli)	3.5 oz 100 g
5  Dill Leaves (Suva)	3.5 oz 100 g

Food Item

Serving

6



**Colocasia
Leaves**
(Green)

3.5 oz

100 g

7



Watermelon

3.5 oz

100 g

8



Raisins
(Kismis)

3.5 oz

100 g

9



Dates, Dried
(Khajur)

3.5 oz

100 g

10



**Sheep
Liver**

3.5 oz

100 g