HOW Would You Rather Eat IRON?

- **Hamburger**
  - Serving Size: 3 oz ground beef (85% lean) cooked, broiled
  - Calories: 212, Iron: 2.21 mg

- **Whole Wheat Bread**
  - Serving Size: 1 slice
  - Calories: 81, Iron: 0.79 mg

- **Beans**
  - Serving Size: 1/2 cup, baked
  - Calories: 119, Iron: 1.5 mg

- **Pumpkin Seeds**
  - Serving Size: 1/4 cup, whole, roasted, without salt
  - Calories: 71, Iron: 0.5 mg

- **Soybeans**
  - Serving Size: 1/4 cup, mature seeds, roasted, salted
  - Calories: 202, Iron: 1.68 mg

- **Chicken Drumstick**
  - Serving Size: 1 chicken drumstick, meat and skin, roasted
  - Calories: 167, Iron: 0.99 mg

- **Tofu**
  - Serving Size: 1/2 cup, soft
  - Calories: 76, Iron: 1.28 mg

- **Raisins**
  - Serving Size: 1.5 oz
  - Calories: 129, Iron: 0.81 mg

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