

# 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

**Soybeans**



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



**Pumpkin  
Seeds**

Serving Size: 1/4 cup, whole,  
roasted, without salt  
Calories: 71, Iron: 0.5 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

