



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

Food source

Iron content in 100g

Lamb liver (grilled)	11mg
Sardines (fried)	6.1mg
Beef sausage (raw)	5.8mg
Kangaroo (grilled loin fillet)	4.1mg
Chicken egg (raw)	1.9mg
Salmon (tinned in brine)	1.1mg

Vegetable-based iron - not easily absorbed

Food source

Iron content in 100g

Wheat bran (unprocessed)	11mg
Red lentils	9.1mg
Muesli with dry fruit (untoasted)	7.5mg
Green peas (dry)	5.9mg
Sundried tomato	5.6mg
Wholemeal pasta	3.9mg

Examples of iron-rich diets

Diet	Breakfast	Snack	Lunch	Snack	Dinner
Non-vegetarian (22.1mg)	100g muesli with dry fruit (4.2mg)	1 mixed grain bread roll with butter (3.4mg)	200g wholemeal pasta with 100g of pink salmon canned in brine (4.6mg)	50g unsalted cashew nuts (2.5mg)	Stir-fry with 200g diced lamb (7.4mg)
Vegetable-based (29.3mg)	100g muesli with dry fruit (4.2mg)	1 mixed grain bread roll with vegemite (4.4mg)	200g wholemeal pasta with 100g of sun dried tomatoes (9.2mg)	50g unsalted cashew nuts (2.5mg)	200g boiled spinach with 50g pine nuts (9mg)
Diet during pregnancy (33.8mg)	100g fortified puffed rice (15mg)	1 mixed grain bread roll with vegemite (4.4mg)	200g wholemeal pasta with 100g of pink salmon canned brine (4.6mg)	50g unsalted cashew nuts (2.5mg)	Stir-fry with 200g diced lamb (7.4mg)