

# GUIDE FOR PARENTS

## Getting enough iron and calcium

### Foods that contain iron

The recommended daily intake of iron is 15 to 18 milligrams (mg) for girls and women 11 to 24 years of age, 12 mg for boys 11 to 18 years of age, and 10 mg for young men 19 to 24 years of age.

The best way to get iron is from foods such as those listed below (along with the amount of iron they contain). If you have anemia, you may need more iron, and your doctor may prescribe a supplement. Do not take an iron supplement unless your doctor advises you to do so.

Liver, 4 oz cooked	9 mg	Total cereal, 1 cup	18 mg
Beef, 4 oz	3 mg	Raisin Bran, 3/4 cup	18 mg
Turkey, 4 oz dark meat	2 mg	Cream of Wheat, 1 cup	9 mg
Pork, 4 oz	1 mg	Cheerios, 1 cup	4.5 mg*
Shrimp, 12 large	2 mg	Quaker flavored instant oatmeal, 1 serving	2 mg
Chicken breast, 4 oz	1 mg	Pasta, 1 cup cooked, enriched	1 mg
Fish/tuna, 4 oz	1 mg	Bread, 1 slice enriched	1 mg
Egg, 1 large	1 mg	Brown rice, 1 cup cooked	1 mg
Prune juice, 8 oz	3 mg	Brewer's yeast, 1 oz (homemade bread)	5 mg
Apricots, 5 halves dried	0.8 mg	Molasses, 1 tablespoon blackstrap (found in some dark breads and can be used to sweeten oatmeal)	3.5 mg
Dates, 10 dried	1 mg	Wheat germ, 1/4 cup (can be mixed into a smoothie)	2 mg
Raisins, 1/3 cup	1 mg		
Refried beans, 1 cup	4.5 mg		
Spinach, 2 cups cooked	3 mg		
Peas, 2 cups	1 mg		
Broccoli, 2 cups	1 mg		
Milk, 1 cup skim	0.1 mg		
Cheddar cheese, 1 oz	0.2 mg		

\* Most cereals are fortified with 4 to 5 mg iron/serving