







crazy sexy cheat sheet

























to plant-based iron

How Much Iron Do You Need?

					
11 MG PER DAY	7-10 MG PER DAY	8 MG PER DAY	15-18 MG PER DAY	27 MG PER DAY	8-11 MG PER DAY
Infants 6-12 months	Kids Ages 1-8	Adolescents Ages 9-13	Females Women 14-50 <i>(women 51+ only need 8 mg)</i>	Pregnant Females All Ages <i>(women lactating need 9-10 mg)</i>	Males Men 14+

Note that iron needs may be higher based on various health conditions including cancers of the esophagus, stomach, and colon, peptic ulcers, cirrhosis, GI bleeding from long-term aspirin, ibuprofen, or arthritis medicine use, or when a woman has heavy menstrual cycles.

The Best Iron Sources

		4.5 mg			4.2 mg
Organic Soybeans, (cooked and not green)	{1/2 cup} (86 g)		Sesame Seeds (roasted and toasted)	{1 oz} (28 g)	
		3.3 mg			3.2 mg
Lentils, cooked	{1/2 cup} (99 g)		Spinach, cooked	{1/2 cup} (90 g)	
		2.4 mg			2.3 mg
Chickpeas, cooked	{1/2 cup} (82 g)		Lima Beans, large, cooked	{1/2 cup} (94 g)	
		2.2 mg			2.2 mg
Kidney Beans, cooked	{1/2 cup} (91 g)		Navy Beans, cooked	{1/2 cup} (91 g)	
		2.0 mg			1.4 mg
Swiss Chard, chopped, cooked	{1/2 cup} (88 g)		Quinoa, cooked	{1/2 cup} (93 g)	
		1.0 mg			1.0 mg
Dried Apricots (halves)	{1/3 cup} (40 g)		Pumpkin Seeds	{1 oz} (28 g)	