



# IRON

## Did you know???

Iron is used to make **energy**. It is also used to make **amino acids, collagen, hormones** and **neurotransmitters**. Iron is needed to make **haemoglobin** and **myoglobin** which are used to hold **oxygen** in red blood cells and muscles, respectively. Iron from animal sources is easier to absorb than iron from plant sources. About 10% of iron is absorbed on a vegan diet compared with 20% on a mixed diet. The amount of iron absorbed from a meal can be increased by eating a source of **Vitamin C** or other acids at the same time!

## NUTRITIONAL FACTS

FOOD	QTY	IRON	DAILY %	CARBS	PROTEIN	CALS
Octopus (cooked)	100g	9.5mg	119%	4.4g	29.8g	164
White Beans (boiled)	1 cup	7.8mg	97%	43g	19g	298
Mussels (cooked)	100g	6.7mg	84%	7.4g	23.8g	172
Lentils	1 cup	6.6mg	82%	28.3g	17.9g	229
Beef Liver	100g	6.5mg	81%	5.1g	29.1g	191
Black Beans	1 cup	4.1mg	4.1mg	26.6g	14.2g	240
Quinoa (cooked)	½ cup	2.78mg	34%	8.1g	8.1g	222
Dark Chocolate (70-80%)	30g	6mg	74%	3.9g	3.9g	299
Beef Steak (sirloin no fat)	100g	2.9mg	35%	29.9g	29.9g	160
Asparagus	1 cup	2.9g	35%	2.3g	2.9g	27

1. <https://www.healthdirect.gov.au/foods-high-in-iron>  
 2. [www.Cronometer.com](http://www.Cronometer.com)