

Iron Rich food Section

| Foods | Serving | Weight (g) | Iron Content (mg) |
|-------------------------------|--------------------|-------------------|--------------------------|
| <u>Rice and Alternatives:</u> | | | |
| Rice, brown | 1 bowl | 200 | 1.0 |
| Pasta, wholemeal | 1 portion | 100 | 1.8 |
| Bread, wholemeal | 1 slice | 30 | 1.0 |
| Wheatgerm | 1 teaspoon | 15 | 1.1 |
| Wheatbran | 1 tablespoon | 15 | 1.8 |
| Branflakes | 3/4 cup | 30 | 5.0 |
| Cornflakes | 1 cup | 30 | 3.6 |
| <u>Fruits</u> | | | |
| Apricot, semi-dried | 10 halves | 35 | 1.2 |
| Dates, black, dried | 10 | 90 | 3.3 |
| Dates, red, dried | 10 | 90 | 3.0 |
| Raisins | 1 packet | 42 | 1.5 |
| Longan, dried | 1/2 cup | 65 | 3.5 |
| Fig, dried | 10 | 85 | 3.6 |
| Prunes, semi-dried | 10 | 85 | 2.2 |
| Peach, fresh | one | 155 | 1.6 |
| <u>Vegetables</u> | | | |
| Kale, Chinese (Kai Lan) | 1 cup | 65 | 1.3 |
| Spinach (Bayam Pasir) | 1 cup | 30 | 1.5 |
| Kang Kong | 1 cup | 30 | 1.6 |
| Chinese Cabbage (Bok Choy) | 1/2 cup | 85 | 0.8 |
| Mustard Leaves, Chye Sim | 1 cup | 55 | 0.7 |
| Seaweed, dried (Hai Tai) | 1 sheet | 15 | 3.3 |
| Sea Moss (Fa Chai) | 1 pinch | 10 | 9.9 |
| <u>Meat and Alternatives</u> | | | |
| Fish | 1 fillet | 90 | 1.2 |
| Egg Yolk, hard-boiled | one | 17 | 0.8 |
| Egg, whole, hard-boiled | one | 50 | 0.9 |
| Ikan Bilis | 2 tablespoon | 15 | 0.6 |
| Prawns, dried | 1 teaspoon | 5 | 0.7 |
| Oyster, fresh | 12 | 60 | 3.7 |
| Sardine, canned in tomato | one fish | 40 | 1.8 |
| Soya bean Curd, Tau Hoo | 1 small square | 85 | 1.9 |
| Cashew Nut | 1/2 cup | 65 | 5.0 |
| Pistachio | 1/2 cup | 65 | 2.5 |
| Walnut | 1/2 cup | 50 | 1.5 |
| Lotus Seed | 1/2 cup | 15 | 0.6 |
| Almond | 2 tablespoon | 30 | 1.2 |
| Sunflower Seed | 1/2 cup | 70 | 3.2 |
| Watermelon Seed | 1/2 cup | 50 | 3.1 |
| Soya bean, White | 1/2 cup | 50 | 3.0 |
| Lentil | 1 cup | 180 | 14.4 |
| Gram, Green | 1 cup | 250 | 13.8 |
| Gram, Red | 1 cup | 250 | 10.5 |
| Pork, lean | 1 palm sized piece | 90 | 1.2 |
| Beef, lean | 1 palm sized piece | 90 | 2.8 |
| Mutton, lean | 1 palm sized piece | 90 | 2.1 |
| Chicken, skinless | 1 palm sized piece | 90 | 0.8 |