



## **Vegan Iron Sources and RDI**

# Vegan Iron sources



**cooked beans**  
1 cup =5mg



**Dried apricots**  
1/2 cup = 4mg



**Edamame**  
1 cup =8mg



**White beans**  
cooked  
1 cup = 8mg



**Sesame seeds**  
1/2 cup =11mg



**Tahini**  
100g = 9mg

**Recommended  
Daily Intake (RDI)  
iron /day**

**Men: 8mg  
Women: 18mg**



**Cooked Lentils**  
1 cup = 6mg



**cooked spinach**  
1 cup =6mg



**Molasses**  
1 TBSP=3.5mg



**Oats**  
1/4cup=1.1mg