

**World's Healthiest Foods ranked as quality sources of:
 iron**

Food	Serving Size	Cals	Amount (mg)	DV (%)	Nutrient Density	World's Healthiest Foods Rating
Thyme, Ground	2 tsp	7.9	3.56	19.8	44.9	excellent
Cumin, Seeds	1 tsp	7.5	1.32	7.3	17.6	very good
Parsley, Fresh	1 oz-wt	10.2	1.76	9.8	17.2	very good
Basil, Ground	2 tsp	7.5	1.28	7.1	17.0	very good
Spinach (boiled, with salt)	1 cup	41.4	6.43	35.7	15.5	excellent
Cinnamon, Ground	2 tsp	11.8	1.72	9.6	14.5	very good
Oregano, Ground	2 tsp	9.2	1.32	7.3	14.4	very good
Turmeric, Ground	2 tsp	16.0	1.88	10.4	11.7	excellent
Pepper, Black	2 tsp	10.9	1.24	6.9	11.4	very good
Chard, Boiled	1 cup	35.0	3.96	22.0	11.3	excellent
Rosemary, Dried	2 tsp	7.3	0.64	3.6	8.8	good
Lettuce, Romaine	2 cup	15.7	1.23	6.8	7.8	very good
Blackstrap Cane Molasses	2 tsp	32.1	2.39	13.3	7.4	very good
Peppermint Leaves, Fresh	1 oz-wt	19.9	1.44	8.0	7.3	very good
Tofu, Raw	4 oz-wt	86.2	6.08	33.8	7.1	very good
Kelp	0.25 cup	8.6	0.57	3.2	6.6	good
Coriander, Seeds	2 tsp	9.9	0.56	3.1	5.6	good
Dill Seed	2 tsp	13.4	0.72	4.0	5.4	good
Greens, Mustard, Boiled	1 cup	21.0	0.98	5.4	4.7	very good
Mushrooms, Shiitake, Raw	8 oz-wt	87.2	3.59	19.9	4.1	very good
Greens, Turnip, Cooked	1 cup	28.8	1.15	6.4	4.0	very good
Green Snap/String Beans, Boiled	1 cup	43.8	1.60	8.9	3.7	very good
Leeks, Boiled	0.50 cup	16.1	0.57	3.2	3.5	good
Kale, Fresh, Boiled	1 cup	36.4	1.17	6.5	3.2	good
Broccoli (pieces, steamed)	1 cup	43.7	1.37	7.6	3.1	good
Shrimp, MixedSpecies, Steamed, Boiled	4 oz-wt	112.3	3.50	19.4	3.1	good
Brussels Sprouts, Boiled	1 cup	60.8	1.87	10.4	3.1	good
Asparagus, Boiled	1 cup	43.2	1.31	7.3	3.0	good
Soybeans, Cooked	1 cup	297.6	8.84	49.1	3.0	good
Olives, Ripe	1 cup	154.6	4.44	24.7	2.9	good
Lentils, Boiled	1 cup	229.7	6.59	36.6	2.9	good
Venison	4 oz-wt	179.2	5.07	28.2	2.8	good
Pumpkin Seeds, Dried	0.25 cup	186.7	5.16	28.7	2.8	good
Seeds, Sesame	0.25 cup	206.3	5.24	29.1	2.5	good
Celery, Raw	1 cup	19.2	0.48	2.7	2.5	good
Quinoa, Dry	0.25 cup	158.9	3.93	21.8	2.5	good
Fennel Bulb, Sliced, Raw	1 cup	27.0	0.64	3.6	2.4	good
Chili Peppers, Red, Dried	2 tsp	25.5	0.60	3.3	2.4	good
Beans, Kidney, Cooked	1 cup	224.8	5.20	28.9	2.3	good
Seeds, Mustard	2 tsp	35.0	0.76	4.2	2.2	good
Tomato, Red, Raw, Ripe	1 cup	37.8	0.81	4.5	2.1	good
Beans, Lima, Cooked	1 cup	216.2	4.49	24.9	2.1	good
Beans, Pinto, Cooked	1 cup	234.3	4.46	24.8	1.9	good
Green Peas-Boiled	1 cup	134.4	2.46	13.7	1.8	good
Mushrooms, Crimini, Raw	5 oz-wt	31.2	0.57	3.2	1.8	good
Squash, Summer, All Varieties	1 cup	36.0	0.65	3.6	1.8	good

Beets, Boiled	1 cup	74.8	1.34	7.4	1.8	good
Beans, Garbanzo, Cooked	1 cup	269.0	4.74	26.3	1.8	good
Collard Greens, Boiled, Drained	1 cup	49.4	0.87	4.8	1.8	good
Beans, Navy, Cooked	1 cup	258.4	4.51	25.1	1.7	good
Beef Tenderloin, Lean Broiled	4 oz-wt	240.4	4.05	22.5	1.7	good
Beans, Black, Boiled	1 cup	227.0	3.61	20.1	1.6	good
Liver, Calf	4 oz-wt	187.1	2.97	16.5	1.6	good
Sweet Potato (small, baked with skin)	1 each	95.4	1.46	8.1	1.5	good