

Dr. Crowley's Pharmacy

Iron

Makes hemoglobin, supports the immune system

Supports cognitive functions including attention span, decision making, reasoning, learning & Intelligence

Maintains energy levels and regulates body temperature

The following foods are a great source of Iron

Meat:

Skirt steak, cooked 6 oz 9.3 mg
Oysters, 3 oz 7.8 mg
Beef liver, pan fried 1 slice 5 mg
Ground beef, 97% lean 6 oz 5 mg
Ribeye Steak 1 filet 4.6 mg
Roast duck 1 cup 3.8 mg
Deer Tenderloin, broiled 3.6 mg
Kielbasa Sausage 1 link 3.4 mg
Beef Tenderloin, grilled 3 oz 3.1 mg
T-Bone Steak, grilled 3 oz 3 mg
Top Round Steak 3 oz 3 mg
Porterhouse Steak, grilled 3 oz 2.7 mg
Beef chuck pot roast 3 oz 2.5 mg
Ground pork, grilled 6 oz 2.2 mg
Prime Rib 3 oz 2 mg
Roasted ham, cured 1.9 mg
Braised pork chops 1.7 mg
Pork Spare Ribs 3 oz 1.6 mg

Fruit:

Dried Apricots 1 cup 8 mg
Raspberries 1 cup 1 mg

Vegetables:

Spinach, cooked 1 cup 6 mg
Pea pods 1 cup 3 mg
Asparagus 1 cup 3 mg
White button mushrooms, 1 cup 3 mg
Acorn Squash 1 cup 2 mg
Leeks 1 cup 2 mg
Dried Coconut 1 oz 1 mg
Green Beans 1 cup 1 mg

Nuts and Seeds:

Coconut milk 1 cup 7.5 mg
Toasted sesame seeds 1 oz 4.2 mg
Pumpkin Seeds 1 oz 2.5 mg
Cashews 1 oz 1.9 mg
Flax Seeds 1 oz 1.6 mg
Pine Nuts 1 oz 1.6 mg
Sunflower Seeds 1 oz 1.5 mg
Hazelnuts 1 oz 1.3 mg
Pistachio Nuts, dry roasted 1 oz 1.1 mg
Almonds, dry roasted 1.1 mg

"Let food be thy medicine and medicine be thy food" Hippocrates