

# Food Sources of Iron

Spleen	Liver (except lingcod liver)	Whale meat	Breakfast cereal (iron-fortified)
Tunicate	Seal meat	Lungs	Cockles
Walrus meat	Sea lion meat	Kidney	Cuttlefish
Beaver meat	Bear meat	Octopus	Oyster
Meat extender	Heart	Giblets	Whelk
Protein shake (iron-fortified)	Emu meat	Braunschweiger (a liver sausage)	Muskrat meat
Liver cheese	Squirrel meat	Blue mussel	Peanut butter (iron-fortified)
Raccoon meat	Waffle (iron-fortified)	Soybeans	Formulated bar (iron-fortified)
Ostrich meat	Horned owl flesh	Caribou meat	Blackfish
Chicken liver pate	Dove meat	Potato skin	Beef tripe
Liverwurst spread	Pancakes (iron-fortified)	Soybean curd cheese	Instant breakfast drink (iron-fortified)
Winged beans	Nutrition shake (iron-fortified)	Whole sesame seeds	Broad whitefish (head, eyes, cheeks, and soft bones)
Horse meat	Deer meat	French toast (iron-fortified)	Quail meat
Wild rabbit meat	Beef outside skirt steak (lean)	Hearts of palm	Mutton meat
Potherb jute	Opossum meat	Corn flake crumbs (iron-fortified)	Papad
White beans	Duck meat	Moth beans	Cookies (iron-fortified)
Chocolate drink (iron-fortified)	Pork tongue	Ascidians	