

IRON IN THE FOODS TEENS EAT

(How Close Can You Get to 18 mg?)

	Iron (mg)	Calories		Iron (mg)	Calories
Waking Up or Anytime			Eating Out (cont'd)		
Breakfast Bar			Cherry pie	0.4	296
1 choc. chip	4.5	210	Pork sausage	0.9	191
1 cinnamon granola	4.5	210	Chili con carne	3.6	250
1 peanut butter crunch	4.5	210	Scrambled eggs	2.2	161
Cereal (1 C serving)			Egg McMuffin	3.2	352
(*Available to women on WIC)			Mexican		
Cold (w/o milk)			Bean burrito	2.8	343
Apple Jacks	4.5	130	Beef burrito	4.6	466
*Cheerios	8.1	110	Burrito supreme	3.8	457
*Chex	9.0	110	Enchirito	3.8	454
Cookie Crisp	4.5	120	Pintos & cheese	2.3	168
*Crispix	8.1	110	Taco	2.5	186
*Kix	8.1	120	Tostada	2.3	179
*Life	8.1	120	Sweets		
*Product 19	18.0	100	Sm. Hershey choc. almond bar	1.6	176
*Total	18.0	110	Sm. Dairy Queen shake	1.8	340
Hot (w/o milk) (½ C)			Med. Dairy Queen shake	3.6	600
*Cream of Wheat	9.0	120	½ C Raisins	2.8	224
*Maypo	8.1	210	Strawberry shortcake	2.0	399
*Malt-O-Meal	10.8	120	1 Hostess Ding Dong	1.1	187
Quaker Inst. Oatmeal	4.1	150	1 Hostess Suzy Q	1.1	256
Apples w/cinnamon	4.1	152	1 Twinkie	1.0	152
Maple w/brown sugar	4.1	154	1 Hostess Snowball	1.1	160
Raisins & spice	3.4	150	Banana split	1.8	540
Pizza			Out of the Freezer		
(½ of 10" pizza or 3 slices)			Frozen dinners (avg.)		
Beef	6.3	490	Franks & beans	4.6	555
Cheese	4.5	450	Beef	4.4	325
Pork	6.3	520	Chicken	2.4	482
Sausage	7.2	510	Fried chicken	2.7	1420
(for thick & chewy Pizza, add 120 Calories and 1.1 mg iron)			Chopped sirloin	3.4	446
Out of Toaster			Fish	2.9	326
1 Eng. muffin w/butter	1.9	191	Ham	3.5	400
1 slice froz. Fr. Toast	1.6	140	Macaroni & beef	3.2	365
1 med. Frozen waffle	1.6	89	Meatloaf	4.3	400
2 slices enriched toast	1.2	104	Pot roast	3.3	217
PopTarts (1)			Shrimp	3.7	379
Blueberry	1.8	197	Swiss steak	4.9	315
Br. Sugar/Cinnamon			Turkey	3.0	400
Cherry			Sandwiches (on white bread)		
Strawberry			Bacon, lettuce & tomato	1.5	282
			Egg salad	2.4	279
			Ham	1.7	281
			Peanut butter & jelly	2.2	328
			Submarine	3.0	582
			Tuna salad	1.2	278

Instantly—anytime			Turkey	5.8	402
1 serv. Instant Breakfast			Pot pies (average)		
Skim milk	4.6	180	Chicken	4.3	503
Whole milk	4.6	280	Beef	5.2	420
1 C chocolate milk w/Ovaltine			Turkey	2.0	417
Skim milk	2.8	171	Out of a Can		
Whole milk	2.8	242	1 C Beans & franks in		
½ C Sunflower seeds	7.1	560	tomato & molasses	3.4	250
1 Large cucumber pickle	3.2	10	1 C Beans & ham	4.3	260
1 oz. Liverwurst	1.7	100	1 C Beefaroni	2.5	229
6–8 Cashews	1.6	84	1 C Beef stew	2.3	160
Eating Out (averages)			1 C Chicken & noodles	2.2	210
Cheeseburger	0.8	304	½ C Chili	2.3	460
Double cheeseburger	3.1	434	1 C Chop suey w/meat	6.8	223
Hot Dog	2.0	291	½ C Mackerel	2.0	192
Fish sandwich	1.0	450	1½ Large sardines	1.8	160
Coleslaw	0.5	118	½ C tuna (in water)	1.6	127
French fries			½ C tuna (in oil)	1.8	175
Large	0.4	320	Soup		
Small	0.4	200	¾ C Bean	1.9	169
Hotcakes—butter, syrup	2.4	472	¾ C Bean w/bacon	2.1	145
Onion rings	0.4	300	¾ C Bean w/pork	2.1	140
Chili dog	2.0	300	1 C Cream of celery	1.0	79
Fried chicken dinner	4.5	900	1 serv Chicken consomme	2.4	44