VEGGIES & FRUITS

These 14 Vegetables Contain more Iron than Meat

By bestfolkmedicine · 30/10/2018 · 3 min read

Iron is crucial for our overall health and well-being because it participates in a lot of bodily processes. Some food sources that are abundant in this nutrient are red meat, dark chocolate, spices, and seaweed. However, though it is present in a vast amount of food sources, a lot of people lack it due to poor assimilation in the body, that is, the body is unable to properly extract it from the foods we eat and then transfer it to the body and properly store it.

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RDA of Iron

- Men need 9 mg of iron per day
- Women and adolescents require 18 mg of iron per day
- Pregnant women need 20 mg of iron on a daily basis for proper fetal development

Iron Deficiency Symptoms

- Tiredness
- Poor immunity
- Pale skin
- Lowered physical and mental performance

The Cause for Iron Deficiency

- *Poor diet*
- *Vegetarian and vegan diets*

- *A higher need for iron (during pregnacy and breastfeeding)*
- *Low iron absorption caused by gluten intolerance, IBS, or other intestinal issues*
- *Decreased bioavailability of iron due to excessive intake of tea or supplements*
- *Loss of blood during menstruation or labor*

10 Excellent Non-Meat Sources of Iron

Pumpkin seeds

They are rich in zinc, phosphorus, magnesium, vitamins A, B, F, and E. 100 grams of these seeds will supply you with 35 mg of protein and 3.3 mg of iron.

Kale

100 grams of this green veggie will provide 1.5 mg of iron, which is more than that from meat. It also contains vitamin K that strengthens the bones and fiber that prevents constipation. It can also reduce bad cholesterol, treat digestion, and improve the health of the heart.

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Brocoli

100 grams of broccoli has a mg of iron, but is also abundant in vitamin C which aids the absorption of iron. It also has folate, fiber, vitamin K, but anti-cancer compounds too.

Lentils

One 100 gram-portion of lentils will supply your body with 3.3 mg of iron, but fiber too. It will enhance the digestion while the magnesium and vitamin B are necessary for pregnant women and athletes.

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Beetroot

A can of beet has 1.8 mg of iron, but magnesium, calcium, and betanin too. What is particularly interesting is that it can avert cancer, detoxify the blood, and improve the liver functions.

Mung beans

These beans possess a lot of iron and 100 grams will supply your body with 1.8 mg of iron. Other pivotal nutrients they contain are potassium, zinc, and copper and they have been found to minimize the risk of colorectal cancer and can avert diabetes and assist in the loss of weight as well.

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Dark chocolate

30 grams of dark chocolate has 3.2 mg of iron or 18 percent of the RDA. It also has prebiotic fiber which nourishes the good intestinal bacteria. Opt for the variants with at least 70 percent cocoa.

Spinach

This green vegetable is abundant in iron, but antioxidants and vitamin A as well. When cooked, the content of iron enhances.

Nuts

Almonds, hazelnuts, pistachios, etc. are rich in iron, but are high in calories; therefore, make sure you consume them in moderation.

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Tofu

126 grams of this soy-based ingredient will give your body 3.6 mg of iron or 19 percent of the RDA. The isoflavones in it will better the insulin sensitivity, minimize menopausal symptoms, and decrease the chance of heart issues.

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