

Iron Sources

Food sources	Household measure	Iron content (mg)
Lotus stem, dry	3 rings (10gms each ring)	18.00
Karonda, dry (Karvand)	Handful (25gms)	9.75
Rice, bran	1 tablespoon (15gms)	5.25
Turnip greens (Shalgam)	Small bowl (30gms)	8.40
Cowpea leaves (Chowli bhaji)	Medium bowl (100gms)	20.00
Soya granules	Small bowl (30gms)	6.00
Soya chunks	Small bowl (30gms)	6.00
Garden cress, seeds (Halim/ Aliv)	Tablespoon (15gms)	2.58
Tamrind pulp	Tablespoon (15gms)	2.55
Shepu	Medium bowl (100gms)	17.00
Sesame seeds, white (Til seeds)	Tablespoon (15gms)	2.25
Sesame seeds, black (Til seeds)	Tablespoon (15gms)	2.08
Sheep, spleen (Tilli)	Serving / 1 piece (25 grams)	13.20
Goat, spleen (Tilli)	Serving / 1 piece (25 grams)	12.85
Chingri goda, dried(Sun dried very small prawns)	1 Large bowl (50 grams)	24.50
Pork, spleen (Tilli)	Serving / 1 piece (25 grams)	6.80
Chingri small dried (Dried shrimp)	Medium bowl (50 grams)	13.50
Crab muscle (Khekda)	1 serving/ 1 crab edible Portion medium size. (grams) 100	21.00
Pork, liver (Kaleji)	Serving / 1 piece (25 grams)	5.18
Bombay duck, dried (Bombil, sukka)	2 piece (15 grams)	2.85
Beef, liver (Kaleji)	Serving / 1 piece (25 grams)	3.70
Chicken, liver (kaleji)	Serving / 1 piece (25 grams)	2.48

For better iron absorption nutrients like **Vitamin C**, **Vitamin B12**, **Folic acid** are needed.

Sources of Vitamin C: Amla, Guava, Black Currant, Cashew fruit, Turnip green, Fresh thyme, Karonda fruit.

Sources of Vitamin B12: Sheep liver, Goat liver, Egg, Lamb leg, Skim milk powder, Buffalo milk, Cow milk.

Sources of Folic acid: Whole wheat, Egg, Cowpea, Sheep liver, Kale leaves, Black sesame seeds, Spinach, Cluster beans, Amaranth leaves.