

Iron snack foods for ND folks

These foods can help maintain iron levels. If you are already iron deficient then you likely need an iron supplement or infusion.

Haem iron from meat is the best absorbed form of iron but ND kids and adults may struggle to eat meat. Chat to your dietitian about how many mg of iron you need a day. Eat these non haem iron containing snacks eat with a Vitamin C rich food or drink & avoid eating with dairy foods and tea

Grain foods

- Cheerios 30g = 3mg
- Nutrigrain 40g = 3mg
- Weetbix 2 biscuits = 3mg
- Uncle tobys Plus Iron cereal 40g = 3mg
- Wonderwhite wholemeal iron loaf 1 slice = 2.2mg
- Tiptop wholemeal bread 1 slice = 2.2mg
- Wonderwhite vitamin & mineral bread 1 slice = 2.2mg
- Tiptop White bread the one 1 slice = 2.2mg



Across the aisles

- Only Organics Baby biscuits 1 serve = 3mg
- Baby rice formula 15g 1 tbsp = 3.5mg
- Sustagen drink 4 tsp = 3.3mg
- Milo or Ovaltine drink 2 tsp = 3.6 - 4mg
- Cashews 2 tbsp = 1.7mg
- Almonds 2 tbsp = 1.2 mg
- Licorice 15 g = 2.2 mg
- Beef Jerky Outback 50g = 4.4 mg
- Sunbeam seed mix blend 30g = 2.3 mg



Fruit & Vegies

- Baked beans small tin 130g = 1.3mg
- Fresh spinach 1/2 cup = 2.2 mg
- Dried apricots 50 g or 10 x halves = 1.5 mg

