

IRON RICH FOODS



Poultry, chicken, liver
(मुरगे का जिगर)
Iron - 9.9 mg



Bengal gram whole
(चना)
Iron - 9.5 mg



Horse gram, whole
(कुल्थी)
Iron - 8.8 mg



Amaranth leaves, red
(चौलाई के पत्ते)
Iron - 7.3 mg



Raisins
(किसमिस)
Iron - 6.8 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Bajra
(बाजरा)
Iron - 6.4 mg



Fenugreek leaves
(मेथी साग)
Iron - 5.7 mg



Ragi
(रागी)
Iron - 4.6 mg



Lotus root
(कमल ककड़ी)
Iron - 3.3 mg



Egg, whole, raw
(अंडा)
Iron - 1.8mg

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