

Rank	Food Name
1	Spices, thyme, dried Iron: 90mg
2	Beef, variety meats and by-products, spleen, raw Iron: 85mg
3	Lamb, variety meats and by-products, spleen, raw Iron: 83mg
4	Spices, parsley, dried Iron: 71mg
5	Salt, table Iron: 66mg
6	Oopah (tunicate), whole animal (Alaska Native) Iron: 62mg
7	Spearmint, dried [mint] Iron: 61mg
8	Spices, marjoram, dried Iron: 61mg
9	Beef, variety meats and by-products, spleen, cooked, braised Iron: 54mg
10	Spearmint, fresh [mint] Iron: 54mg
11	Lamb, variety meats and by-products, spleen, cooked, braised Iron: 50mg
12	Jamba Juice beverage: Juice, Wheatgrass Iron: 48mg
13	Whale, beluga, meat, raw (Alaska Native) Iron: 47mg
14	Goose, liver, raw Iron: 46mg
15	Duck, domesticated, liver, raw Iron: 45mg
16	Pork, fresh, variety meats and by-products, spleen, raw Iron: 45mg
17	Pork, fresh, variety meats and by-products, lungs, raw Iron: 44mg
18	Whale, beluga, meat, dried (Alaska Native) Iron: 44mg
19	Leavening agents, baking powder, double-acting, straight phosphate Iron: 44mg
20	Cereals ready-to-eat, Ralston Enriched Bran flakes [Includes USDA Commodity B877] Iron: 44mg
21	Butterbur, canned Iron: 42mg
22	Leavening agents, baking powder, double-acting, sodium aluminum sulfate Iron: 42mg
23	Cockles, raw (Alaska Native) Iron: 41mg
24	Parsley, freeze-dried Iron: 40mg

25	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes [Includes USDA Commodity B876]	Iron: 39mg
26	Spices, dill weed, dried	Iron: 39mg
27	Chiton, leathery, gumboots (Alaska Native)	Iron: 39mg
28	Mollusks, clam, mixed species, canned, drained solids	Iron: 38mg
29	Mollusks, clam, mixed species, cooked, moist heat	Iron: 38mg
30	Mollusks, clam, mixed species, raw	Iron: 38mg
31	Chrysanthemum, garland, cooked, boiled, drained, with salt	Iron: 37mg
32	Chrysanthemum, garland, cooked, boiled, drained, without salt	Iron: 37mg
33	Seaweed, irishmoss, raw	Iron: 36mg
34	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	Iron: 36mg
35	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	Iron: 36mg
36	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes	Iron: 36mg
37	Spices, cumin seed	Iron: 35mg
38	Pork, fresh, variety meats and by-products, liver, raw	Iron: 35mg
39	Thyme, fresh	Iron: 35mg
40	Parsley, raw	Iron: 34mg
41	Babyfood, cereal, oatmeal, with honey, dry	Iron: 34mg
42	Walrus, meat, dried (Alaska Native)	Iron: 34mg
43	Spices, basil, dried	Iron: 33mg
44	Pork, fresh, variety meats and by-products, lungs, cooked, braised	Iron: 33mg
45	Ascidians (tunughnak) (Alaska Native)	Iron: 33mg
46	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	Iron: 33mg
47	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	Iron: 32mg
48	Borage, raw	Iron: 31mg
49	Spinach, cooked, boiled, drained, with salt	Iron: 31mg
50	Spinach, cooked, boiled, drained, without salt	Iron: 31mg

51	Cereals, MALT-O-MEAL, plain, dry	Iron: 31mg
52	Dill weed, fresh	Iron: 31mg
53	Cereals, Malt-o-Meal, plain, prepared with water, without salt	Iron: 31mg
54	Pumpkin leaves, cooked, boiled, drained, with salt	Iron: 30mg
55	Pumpkin leaves, cooked, boiled, drained, without salt	Iron: 30mg
56	Spices, coriander leaf, dried [Chinese parsley, cilantro]	Iron: 30mg
57	Mollusks, clam, mixed species, canned, liquid	Iron: 30mg
58	Pork, fresh, variety meats and by-products, spleen, cooked, braised	Iron: 30mg
59	Borage, cooked, boiled, drained, with salt	Iron: 29mg
60	Borage, cooked, boiled, drained, without salt	Iron: 29mg
61	Spices, oregano, dried	Iron: 29mg
62	Seal, bearded (Oogruk), meat, dried (Alaska Native) [Oogruk]	Iron: 28mg
63	Jute, potherb, raw	Iron: 28mg
64	Spices, savory, ground	Iron: 28mg
65	Seal, ringed, meat (Alaska Native)	Iron: 28mg
66	Basil, fresh	Iron: 28mg
67	Spices, bay leaf	Iron: 27mg
68	Spices, chervil, dried	Iron: 27mg
69	Cereals ready-to-eat, MALT-O-MEAL, Puffed Wheat Cereal	Iron: 27mg
70	Babyfood, cereal, barley, dry	Iron: 26mg
71	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	Iron: 26mg
72	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	Iron: 26mg
73	Caribou, liver, raw (Alaska Native)	Iron: 26mg
74	Babyfood, cereal, oatmeal, dry	Iron: 26mg
75	Babyfood, cereal, high protein, with apple and orange, dry	Iron: 25mg