Iron comes from many food sources. Meats, fish and poultry are the best sources. However, some vegetables, and enriched or fortified grain products can also provide iron in small amounts.

The body absorbs iron better when eaten with foods that contain vitamin C. Likewise, certain foods, such as calcium phosphate salts and tannic acids (found in tea and coffee) decrease the absorption of iron.

The Recommended Dietary Allowance (RDA) of iron for adults under 51 years of age is 8 mg for men and 18 mg for women.