

IRON AND PROTEIN VALUES OF COMMON VEGETARIAN FOODS

FOOD	IRON (mg)	KILOJOULES (kJ)
¼ cup pumpkin seeds (pepitas)	3.7	880
45g iron-fortified cereal	3.0	670
1 cup wholemeal pasta	2.7	870
½ cup baked beans	2.2	440
¼ cup sunflower seeds	1.8	910
½ cup oats	1.8	760
½ cup red kidney beans	1.6	330
½ cup chickpeas	1.6	330
2 small eggs	1.3	490
½ cup frozen peas	1.3	230
1 cup light soy milk	1.3	470
2 slices wholegrain bread	1.1	700
1 cup spinach (raw)	1.1	30

FOOD	PROTEIN (g)	KILOJOULES (kJ)
40g reduced-fat cheese	13.6	340
200g tub low-fat vanilla yoghurt	12.2	680
2 small eggs	10.5	490
1 cup skim milk	9.4	380
1 cup light soy milk	9.1	470
¼ cup sunflower seeds	8.6	910
30g raw peanuts	7.4	710
½ cup four-bean mix	6.4	360
½ cup baked beans	6.3	440
½ cup lentils	6.3	270
75g tofu	6.1	230
½ cup chickpeas	5.5	350