

| Food | Percentage of daily requirement | |
|---|---------------------------------|----|
| | mg per serving | |
| chicken liver, cooked, 3-1/2 oz/100g | 12.8 | 70 |
| soybeans, boiled, 1 cup/250 mL | 8.8 | 50 |
| lentils, boiled, 1 cup/250 mL | 6.6 | 35 |
| beans, kidney, boiled, 1 cup/250 mL | 5.2 | 25 |
| oysters, sautéed, 6 pieces | 4.5 | 25 |
| beans, navy, boiled, 1 cup/250 mL | 4.5 | 25 |
| beef, chuck, lean only, braised, 3 oz/85g | 3.2 | 20 |
| clams, sautéed, 3/4 cup/180 mL | 3.0 | 15 |
| beef, tenderloin, roasted, 3 oz/85g | 3.0 | 15 |

Source: US National Institutes of Health