

Supplementary Table. Iron-containing Indonesian Daily Food.¹

Food Source	Iron/100 grams (mg)
Steamed spinach	15.8
Oyster	3.7
Clams	15.6
Beef	2.6
Tempe ^a	4.9
Chicken's liver	15.8
Beef liver	4.0

a= Indonesian local food of soybean fermentation

1. Asosiasi Keluarga Gizi. AKG FKM UI | 7 Sumber Makanan Kaya Zat Besi [Internet]. Akg.fkm.ui.ac.id. 2020 [cited 24 July 2022]. Available from: <https://akg.fkm.ui.ac.id/7-sumber-makanan-kaya-zat-besi/>