

to match the iron **content** of  
chicken liver, you'd need...



=



3.5 oz chicken liver  
13 mg iron

1.25 cups cocoa powder  
14 mg iron

to match the iron **absorption** of  
chicken liver, you'd need...



=



3.5 oz chicken liver  
-3.25 mg iron

6 cups cocoa powder  
-3.57 mg iron



LILY NICHOLS

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# Then There Was Iron

**Terry C. Jones**



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