

FOODS HIGH IN IRON

LEAN PORK

LIVER

LEAN BEEF

EGG YOLKS

ENRICHED OR WHOLE GRAIN BREADS AND CEREALS

DRIED BEANS (Blackeye Peas, Lima Beans)

*DARK GREEN LEAFY VEGETABLES (Spinach, Collard Greens,
Kale, Turnip Greens)*

DRIED FRUITS

VITAMIN C-RICH FOODS

CITRUS FRUITS AND JUICES (Orange, Grapefruit)

STRAWBERRIES

CANTALOUPE

BROCCOLI

TOMATO

GREEN PEPPER

POTATO

CABBAGE

COLLARD GREENS

KALE

TURNIP GREENS