

IRON - RICH FOODS



Meat – 2-3 oz



Fish – 2-3 oz



Dried Beans or Peas – 1 cup

Eggs – 2 large



Sunflower Seeds – 2 Tbsp



Whole Grain Bread – 1 slice

Iron-fortified Cereals – ½ cup



Raisins or Prunes – ½ cup

Dried Fruits – 10 pieces

Dark, leafy greens, cooked – ½ cup



Peanut Butter – 4 Tbsp

Baked Potato, with skin – 1 medium



HELPFUL TIP

COOKING FOOD IN A CAST IRON PAN WILL INCREASE THE AMOUNT OF IRON IN YOUR FOODS!!

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