



# IRON RICH FOODS

## MEAT & EGGS

- Beef
- Lamb
- Ham
- Turkey
- Chicken
- Veal
- Pork
- Dried Beef
- Liver
- Liverwurst
- Eggs (any style)

## SEAFOOD

- Shrimp
- Clams
- Scallops
- Oysters
- Tuna
- Sardines
- Haddock
- Mackerel

## VEGETABLES

- Spinach
- Sweet potatoes
- Peas
- Broccoli
- String beans
- Beet greens
- Dandelion greens
- Kale
- Collards
- Chard

## FRUIT

- Strawberries
- Watermelon
- Raisins
- Dates
- Figs
- Prunes & prune juice
- Dried apricots
- Dried peaches

## BREADS & CEREAL

- White bread (enriched)
- Whole wheat bread
- Enriched pasta
- Wheat products
- Bran cereals
- Cornmeal
- Oat cereal
- Cream of Wheat
- Rye bread
- Enriched rice

## BEANS & OTHER FOODS

- Tofu
- Beans (kidney, garbanzo, white; canned, dried)
- Tomato products
- Dried peas
- Lentils
- Instant breakfast
- Corn syrup
- Maple syrup
- Molasses