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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