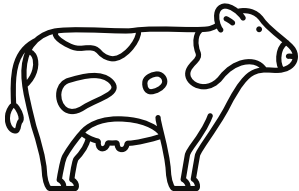
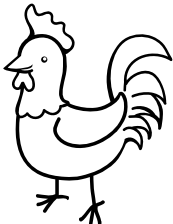


Iron Food List

Animal Proteins

Beef & Pork	Seafood	Poultry
<p>Beef Beef liver Pork Veal</p> 	<p>Clams Mussels Oysters Canned sardines Halibut Haddock Perch Salmon Tuna Shrimp</p>	<p>Chicken liver Turkey Dark meat chicken Eggs</p> 

Plant-Based Iron Foods

Grains	Vegetables	Legumes	Fruits	Nuts & Seeds
<p>All WIC baby cereals All WIC cereals Whole grain pasta Whole grain bread Brown rice</p>	<p>Potato Broccoli Spinach Kale Collard greens</p>	<p>Beans Tofu Split peas Lentils Green peas</p>	<p>Dried apricots Raisins Dried peaches Dried prunes</p>	<p>Nuts Pumpkin seeds Sesame seeds Squash seeds Sunflower seeds</p>

Vitamin C Foods

Vegetables	Fruits	100% Juices
<p>Bell peppers Broccoli Cabbage Cauliflower Potatoes Tomatoes Tomato sauce</p>	<p>Cantaloupe melon Grapefruits Mangos Oranges Papayas Strawberries</p>	<p>All 100% vitamin C juices Grapefruit Lemon Lime Orange Tomato</p>