

# Iron Enriched Foods

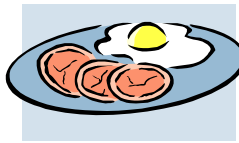


Meat

Fish



Dried Beans/Baked Beans/Peas

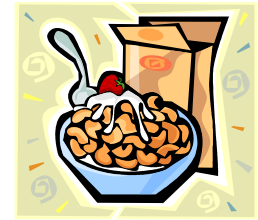


Eggs

Sunflower Seeds



Whole Grain breads and Iron-fortified Cereals



Raisins, Prunes



Dried Fruits

Dark, Leafy, Green Vegetables (best if cooked in cast-iron pan)



Peanut Butter

Baked Potato, with skin

