

Iron Rich Foods

Incorporating enough iron into your child's diet is important for growing well!
Here are some foods to try at home to increase iron content:

Beef	Spinach	Fortified grains/cereals
Chicken	Kale	Raisins
Tuna	Broccoli	Sunflower seeds
Beans	Green Peas	Pumpkin Seeds
Lentils	Avocados	Peanut Butter
Eggs	Dried Apricots	Almond Butter
Sweet Potatoes	Prunes	Nuts



Make sure to add some Vitamin C!
Vitamin C helps iron absorb better into the body

Oranges	Blackberries	Bell Peppers (red is best)
Grapefruit	Kiwis	Butternut Squash
Pineapples	Bananas	Cauliflower
Strawberries	Cantaloupe	Brussel Sprouts
	Tomatoes	

