

Try combining these foods to get the most from your iron sources.

Iron

Vitamin C



Breakfast cereal

with

berries or apricots

Peanut butter sandwich

with

an orange

Pasta

with

peppers

Eggs

with

salsa

Chili beans

with

tomatoes or tomato sauce

Cashews* or sunflower seeds* **with**

raisins*



Sample menu rich in iron and vitamin C.

Breakfast

Orange juice
Raisins* or prunes
WIC Cereal
Toast
Milk

Lunch

Turkey sandwich on whole-wheat bread
Baked beans
Coleslaw
Oatmeal cookie with raisins
Milk

Dinner

Baked chicken with rice
Greens
Cornbread
Baked apple
Milk

* Be careful as these foods may cause choking in young children.

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