

## Iron Rich Foods

### Vegetables

Spinach  
Beets/Beet Greens  
Sweet Potatoes  
Peas  
Broccoli  
String Beans  
Collard Greens  
Kale  
Chard

### Fruits

Prunes  
Watermelon  
Dried apricots  
Dried Peaches  
Strawberries  
Prune Juice  
Raisins  
Dates  
Figs

### Bread and Cereal

Enriched White Bread  
Whole Wheat Bread  
Enriched Macaroni  
Wheat Products  
Bran Cereal  
Corn Meal  
Oat Cereal  
Cream of Wheat  
Rye Bread  
Enriched Rice

### Meat

Liver  
Liverwurst  
Beef  
Lamb  
Ham  
Turkey  
Chicken  
Veal  
Pork

Dried Beef

**Sea Food**

Shrimp

Cod

Mackarel

Sardines

Oysters

Haddock

Clams

Scallops

Tuna

**Other Foods**

Eggs

Dried Peas

Beans

Corn Syrup

Maple Syrup

Lentils

Molasses