

Iron is in Many Foods!

if 21

Eat leafy greens, dried fruits, grains, beans, potatoes, and fortified foods for health. Add citrus fruits for best effect.

Dry Peas



Raisins



Spinach



Beans



Prune Juice



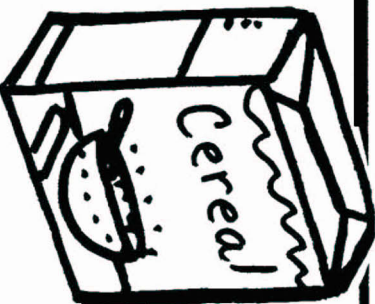
Blackstrap Molasses



Peanut Butter



Cereal



Rice



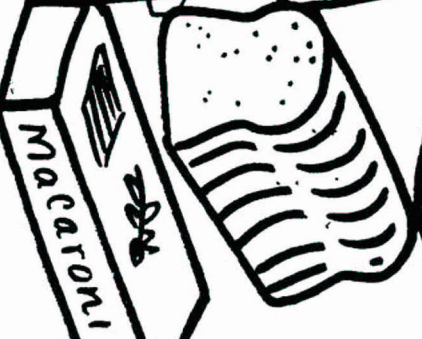
OATS



Enriched Flour



Macaroni



UNIVERSITY OF ILLINOIS
EXTENSION

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>