

# Examples of Iron-Rich Food

## Meat and Eggs



- Beef
- Chicken
- Veal
- Liver
- Eggs

## Bread and Cereals



- White bread
- Whole wheat bread
- Wheat products
- Corn meal
- Rye bread

## Fruits



- Strawberries
- Watermelon
- Dates
- Figs
- Dried apricots

## Vegetables



- Spinach
- Sweet potatoes
- Peas
- Broccoli
- String beans

## Seafood



- Shrimp
- Clams
- Scallops
- Sardines
- Haddock

## Beans and Other Foods



- Tofu
- Beans
- Dried peas
- Lentils
- Molasses