

IRON FOR STRONG KIDS

Eat these foods to help your muscles and brain grow!

? Animal Proteins

- Lean Beef High
 - Chicken Drumsticks Med
 - Turkey Med
 - Eggs Med
 - Tuna Low
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? Beans & Seeds

- Lentils High
 - Chickpeas (Hummus) High
 - Kidney Beans High
 - Pumpkin Seeds High
 - Tofu Med
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? Veggies & Fruit

- Spinach (Cooked) High
 - Baked Potato Med
 - Broccoli Med
 - Raisins Low
 - Dried Apricots Med
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? Grains

- Fortified Cereal High
 - Oatmeal Med
 - Whole Wheat Bread Low
 - Quinoa Med
 - Brown Rice Low
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â◻ **Pro Tip:** Eat these with Vitamin C (like Oranges or Strawberries) to help your body soak up the iron!