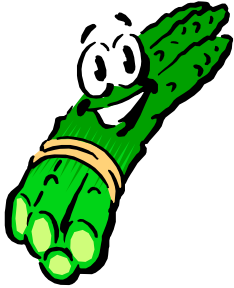


FOODS RICH IN VITAMIN A, VITAMIN C, AND IRON



Vegetables

Asparagus
Broccoli
Carrots
Chili peppers (red)
Kale
Mixed Vegetables
Peas and carrots
Pumpkin

VITAMIN A

Spinach
Squash-winter
Sweet potatoes
Tomatoes
Tomato juice,
(paste or puree)
Turnip greens
Vegetable juices

Fruits

Apricots
Cantaloupe
Cherries, red sour
Peaches (not canned)
Plums, purple (canned)
Prunes

VITAMIN C

Vegetables

Asparagus
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Chili peppers
Collards
Kale
Okra

Peppers, sweet
Potatoes, white
Spinach
Sweet potatoes
Tomatoes
Tomato juice,
(paste or puree)
Turnip greens
Turnips

Fruits

Cantaloupe
Grapefruit
Melons
Oranges
Orange juice
Raspberries
Strawberries
Tangerines



IRON

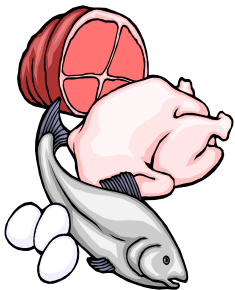
Vegetables

Asparagus (canned)
Beans-green, wax,
lima (canned)
Bean sprouts
Beets (canned)
Broccoli
Brussels sprouts
Dark green leafy
greens, chard,
collards, kale,
mustard greens,
parsley, spinach,
turnip greens

Parsnips
Peas, green
Potatoes (canned)
Sauerkraut (canned)
Squash (winter)
Sweet potatoes
Tomato juice, paste,
(puree, sauce)
Tomatoes (canned)
Vegetable juice (canned)

Fruits

Apricots (canned)
Cherries (canned)
Dried fruits-apples
apricots, dates, figs,
peaches, prunes,
raisins
Grapes (canned)



Meat and Meat Alternatives

Dried beans and peas
Eggs
Meat in general, especially liver and other organ meats
Peanut Butter
Shellfish
Turkey

Bread and Bread Alternatives

All enriched or whole grain bread
and bread alternatives-1/2 of your grains need to
whole grains.