

VITAMINS A and C AND IRON RICH FOODS

The following is a list of Vitamin A, Vitamin C and iron rich foods. Keep in mind that in order to be sure children are receiving the proper nutrition, **one serving of Vitamin C food and one serving of Iron rich food daily, and one serving of Vitamin A food every other day** should be served to children.

VITAMIN C FOODS		IRON RICH FOODS	VITAMIN A FOODS
<p style="text-align: center;">JUICES:</p> <p>Grapefruit Orange Pineapple/Grapefruit Pineapple/Orange Tangerine Apple/Cherry Tomato</p>	<p style="text-align: center;">FOODS:</p> <p>Broccoli Brussels Sprouts Green Pepper Collard Greens Mustard Greens Kale Tomatoes Cauliflower Cabbage Potatoes (baked/white) Sweet Potatoes/Yams Tomato Soup Turnip Greens Strawberries Watermelon Cantaloupe Kiwi Tangerines Oranges Grapefruit Mangos Nectarines Okra Pomegranates Raspberries Spinach Papaya Kohlrabi Pineapple</p>	<p>Liver Beef Chicken/Turkey Pork Shell Fish Eggs Apricots (dried) Peaches (dried) Peas/Beans (dried) Asparagus (canned) Spinach Mustard Greens Dandelion Greens Kale Prunes (dried) Prune Juice Parsley Brussels Sprouts Parsnips Turnip Greens Beets (canned) Potatoes (canned) Tomatoes (canned)</p>	<p>Broccoli Carrots Peas & Carrots (frozen) Dandelion Greens Mustard Greens Turnip Greens Collard Greens Kale Mixed Veg* (frozen) Swiss Chard Spinach Winter Squash Pumpkin Sweet Potatoes/Yams Tomatoes Mangos Apricots (dried, canned or fresh) Cantaloupe Honey Dew Melon Peaches (fresh or frozen) Plums (frozen or canned) Prunes (dry or cooked) Asparagus Cherries, red sour Papaya Nectarines</p>