

# Dietary Iron Grocery List



## Iron-Rich grocery list:

- fortified oatmeal
- eggs
- garbanzo beans
- black beans
- kidney beans
- fortified pasta (or legume based pasta)
- chicken breast
- ground beef
- deli turkey
- fortified whole wheat bread

## Vitamin C list:

- strawberries
- tomatoes (or tomato sauce)
- bell peppers
- oranges
- lemons
- melon (cantaloupe or honey dew)
- broccoli

## Easy meal and snack pairings:

- oatmeal with strawberry slices
- scrambled eggs topped with diced tomatoes and bell peppers
- roasted garbanzo beans with lemon juice
- fortified pasta + tomato sauce
- chili made with beans and ground beef
- deli turkey sandwich + orange slices
- toast spread with peanut butter + diced cantaloupe
- baked chicken breast + roasted broccoli

