



DIETARY IRON

Grocery List

Iron-Rich Grocery List:

- Fortified oatmeal
- Garbanzo beans
- Black beans
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- Kidney beans
- Fortified pasta
(or legume based pasta)
- Eggs
- Chicken breast
- Ground beef
- Deli turkey
- Fortified whole
wheat bread

Vitamin C list:

- Strawberries
- Bell peppers
- Oranges
- Tomatoes
(or tomato sauce)
- Lemons
- Broccoli
- Melon
(cantaloupe or
honey dew)

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 and tomato sauce
- Chili made with beans and ground beef
- Deli turkey sandwich and orange slices
- Toast spread with peanut butter and diced cantaloupe
- Baked chicken breast and broccoli