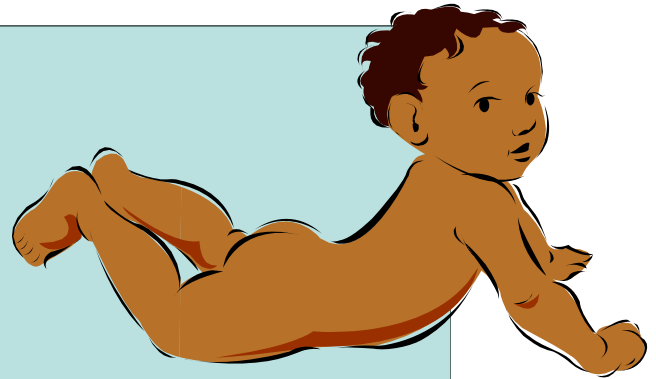


VITAMINS & IRON



Important for you and your baby!

Foods that are rich in **IRON** help your body build healthy red blood cells. This is very important for you and for the growth and development of your baby. The following foods are great sources of **IRON**:

- | | | | |
|----------------|-----------------|--------------------|-----------------|
| dried apricots | dried peaches | dried prunes | scallops |
| tuna | clams | lean meats | eggs |
| dried beans | kidney beans | gizzards | nuts |
| oysters | sardines | shrimp | spinach |
| turnip greens | mustard greens | collard greens | green peas |
| molasses | wheat germ | whole grain breads | sunflower seeds |
| dried beef | black eyed peas | green lima beans | raisins |
| prune juice | tomato juice | strawberries | blackberries |
| watermelon | liver | liverwurst | nuts |

IRON fortified cereals include Total, Kix, Kabooms, Product 19 and King Vitamin WIC cereals, eggs and peanut butter contain **IRON**

VITAMIN C helps iron get into your blood stream. These foods are rich in **VITAMIN C**.

- | | | | |
|--------------|------------------|------------|--------------|
| Oranges | grapefruit juice | broccoli | cantaloupes |
| Orange juice | greens | watermelon | tangerines |
| Tomatoes | strawberries | grapefruit | tomato juice |
| Grape juice | raw cabbage | | |

All WIC juices contain **VITAMIN C**

