

## Iron in Nutrition

**EXCELLENT SOURCES** – 40% of a woman's needs/ 75% of a child's daily needs

Prune Juice      Liver      Oysters      Kidneys  
Some cereals (read box).

**VERY GOOD SOURCES** – 22% of a woman's needs/ 40% of a child's daily needs

Beef      Pork      Liverwort      Watermelon      Clams  
Turkey      Some Cereals (read box)      Heart

**GOOD SOURCES** – 15% of a woman's needs/25% of a child's daily needs.

Asparagus      Chicken      Large shrimp      Dried Prunes  
Wheat Germ      Dried Beans (kidney, lima, pinto)

**FAIR SOURCES** – 8% of a woman's needs/15% of a child daily needs.

Dried apricots      Peas      Brussel sprouts      Bananas      Cocoa  
Canned plums      Cocoa      Oatmeal      Egg yolk      Lentils Corn  
Tortilla, Pickles      Berries      Garbanzo beans      Fish      Nut  
Tomato juice      Raisins      Dates      Figs  
Dark Molasses      Greens (spinach, beet greens, mustard, turnip, char  
Whole wheat b Greens (spinach, beet greens, mustard, turnip, chard) read