

FOODS HIGH IN VITAMINS A, C, AND IRON

<i>Include a VITAMIN A fruit or vegetable at least twice a week.</i>	<i>Include a VITAMIN C fruit or vegetable daily.</i>	<i>Include an IRON source daily.</i>	
FRUIT SOURCES: ✓ Apricots ✓ Cantaloupe ✓ Cherries, red sour (canned) ✓ Grapefruit juice (pink or red) ✓ Guava ✓ Mandarin oranges ✓ Mangoes ✓ Nectarines ✓ Papayas ✓ Peaches ✓ Plantains, cooked ✓ Prunes ✓ Purple plums (canned) ✓ Starfruit (Carambola) ✓ Tangerine ✓ Tangerine juice ✓ Tropical fruit salad (canned)	FRUIT SOURCES: ✓ Apple juice (fortified with vitamin C) ✓ Apricots (fresh) ✓ Banana ✓ Blackberries ✓ Breadfruit ✓ Cactus ✓ Cantaloupe ✓ Casaba melon ✓ Clementines ✓ Grape juice (fortified with vitamin C) ✓ Grapefruit (all varieties) ✓ Grapefruit juice ✓ Guavas ✓ Honeydew melon ✓ Kiwi ✓ Kumquats ✓ Mandarin oranges ✓ Mangoes ✓ Oranges ✓ Orange juice ✓ Papayas ✓ Passion fruit ✓ Pineapple ✓ Pineapple juice ✓ Prickly pears, raw ✓ Prune juice ✓ Pummello (Pomelo) ✓ Raspberries ✓ Starfruit (Carambola) ✓ Strawberries ✓ Tangelos ✓ Tangerines ✓ Tangerine juice ✓ Ugli fruit	VEGETABLE SOURCES: ✓ Acorn squash (baked only) ✓ Asparagus ✓ Avocado ✓ Bell peppers (red only) ✓ Bok Choy ✓ Broccoli ✓ Brussel sprouts ✓ Butternut squash ✓ Carrots ✓ Greens (collard, turnip, mustard, etc.) ✓ Hubbard squash ✓ Lettuce (romaine and leaf lettuce only) ✓ Mixed vegetables (peas, carrots, green beans, lima beans) ✓ Okra ✓ Peas, green (frozen or canned) ✓ Pumpkin ✓ Spinach ✓ Sweet potatoes ✓ Tomatoes ✓ Tomato products Guice, paste, puree, sauce, soup, marinara sauce, spaghetti sauce, pizza sauce) ✓ Vegetable juice (Le. V-8~)	MEAT AND MEAT ALTERNATE ✓ Dried beans and peas ✓ Fish (catfish, white fish) ✓ Meats in general (especially liver) ✓ Nuts (almonds, brazil nuts, cashews, walnuts) ✓ Nut butters (almond, cashew, peanut, sunflower seed) ✓ Poultry ✓ Shellfish ✓ Soybeans, roasted or soy nut butter ✓ Sunflower seeds ✓ Tuna ✓ Turkey
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