

Iron-Rich Foods for Children

Iron rich foods for children include:

- Red meats
- Turkey
- Shrimp
- Eggs
- Tofu
- Beans
- Peanuts (peanut butter)
- Quinoa
- Green leafy vegetables
- Sweet potatoes
- Dried fruits

Vitamin C helps the body absorb iron, so drinking orange juice with these foods will also help.

For more information, call 775-982-3892.