Iron

Sources of Iron

**Best Sources**

- Kidney
- Lentils
- Beef
- Cashews
- Spinach
- Currants
- Apricots-dried
- Beans-dried
- Liver
- Peaches-dried
- Cereal-iron fort.
- Turkey

**Good Sources**

- Almonds
- Pork
- Chard
- Eggs
- Tuna
- Peas-Split
- Peas-green
- Beet Greens
- Prunes
- Raisins
- Peanuts
- Walnuts

**Fair Sources**

- Asparagus
- Kale
- Broccoli
- Tomato Juice
- Collards
- Dandelion Greens
- Bread-enriched
- Mustard Greens
- Sweet Potatoes
- Brussel Sprouts
- Turnip Greens

**Functions of Iron**

- Helps body to carry oxygen from one part of the body to another.
- Helps the body to form blood cells.