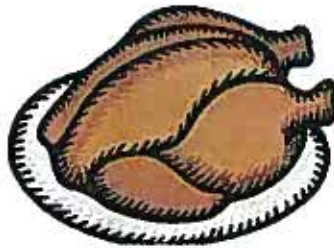


Iron

Sources of Iron

Best Sources

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



Good Sources

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

Fair Sources

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

Functions of Iron

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