

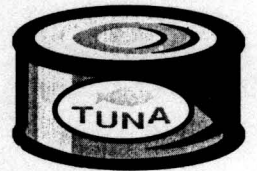
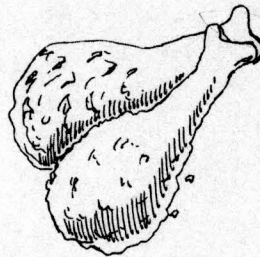
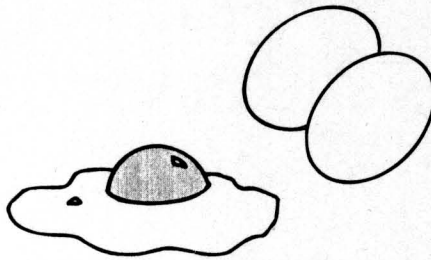
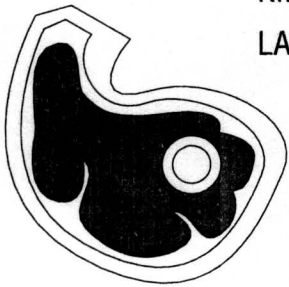
Good Sources of Iron

(minimum of 1.5 mg. iron per listed serving size)

FROM THE
CHESTER COUNTY
HEALTH DEPARTMENT

MEAT GROUP

<u>FOOD</u>	<u>SERVING</u>	<u>FOOD</u>	<u>SERVING</u>
BEANS, DRIED & COOKED	1/2 CUP	LIVER, COOKED	1 OZ.
BEEF, DRIED & COOKED	2 OZ.	LIVER SAUSAGE	1 OZ.
BRAZIL NUTS	8 MED.	OYSTERS	1 OZ.
CHICKEN, COOKED	3 OZ.	PORK, COOKED	2 OZ.
CLAMS	1 OZ.	SARDINES	2 OZ.
EGG, WHOLE	2	SCALLOPS	2 OZ.
HAM, COOKED	2 OZ.	SHRIMP	2 OZ.
HEART, COOKED	2 OZ.	TUNA	1/2 CUP
KIDNEY, COOKED	1 OZ.	TURKEY, COOKED	3 OZ.
LAMB, COOKED	2 OZ.	VEAL, COOKED	2 OZ.



FRUITS & VEGETABLES

<u>FOOD</u>	<u>SERVING</u>	<u>FOOD</u>	<u>SERVING</u>
APRICOTS	5 HALVES	PRUNES, DRIED	4 MED.
BEET GREENS, COOKED	1 CUP	PRUNE JUICE	1 CUP
CHARD, COOKED	1/2 CUP	RAISINS, DRIED	1 SM. BOX (3 OZ.)
CIDER, SWEET	1/2 CUP	SPINACH, COOKED	1 CUP
DANDELION GREENS, COOKED	1/2 CUP	STRAWBERRIES	1 CUP
DATES	1/3 CUP	SWEET POTATO	3 1/2 X 2 1/2
PEACHES, DRIED	4 MED.	TOMATO JUICE	3/4 CUP
PEAS, DRIED/COOKED	1/2 CUP	WATERMELON	6" DIAMETER X 1 1/2" SLICE

