

IRON RICH FOODS

- Greens: Swiss chard
Turnip greens
Kale
Brussels Sprouts
Broccoli
Bok choy
Spinach
- Cereals: Flourless breads, wheat free, yeast free
Certain pastas
- Beans: Lentils
Black beans
BEANS AND MORE BEANS
- Grains: Quinoa
- Soy: Tofu
Tempeh
Soybeans
- Other: Black strap molasses
Tahini
Nuts
Pumpkin seeds