

Source of Protein and Iron in foods

PROTEIN

FISH

Crab, steamed
Halibut
Ocean Perch
Oysters
Scallops
Shrimp
Tuna, packed in water

POULTRY

Chicken/Turkey, roasted
Chicken liver

DAIRY

Eggs
Milk
Yogurt, plain 2%
Hard cheese
Cottage Cheese

BEEF

Limit to 2-3 servings per week
Steak, lean, round
Flank Chuck
Pot Roast, Chuck, Rump Roast
Ground Beef

BEANS

Navy, Great Northern, Lima, Kidney
Black, Pinto, Garbanzo, Red Soybeans

SEEDS

Pumpkin or Squash Seeds
Sunflowers Seeds

OTHER

Split peas

HIGH CONCENTRATION PROTEIN

Lentils
Parsley
Kelp
Wheat Germ
Sesame Seeds
Almonds
Beans
Olives
Brown Rice

* Read labels for amounts of protein on any packaged food!

IRON RICH FOODS

Dried Beans, cooked
Prune Juice
Raisins
Dried Apricots, Prunes, Peaches
Banana
Green Peas
Spinach, Broccoli, Romaine Lettuce
Kale
Mustard Greens
Whole Wheat Bread
Egg Yolks
Brussel Sprouts
Bean Sprouts

SNACKS

Fruits/Vegetables
Cheese
Nuts
Whole Grain crackers/Granola bars
Yogurt

Black-eyed peas

Tofu (soybean cured)