

IRON in PLANT FOODS



BROCCOLI



PUMPKIN SEEDS



BOK CHOY



FIGS



SPROUTS



KALE



HEMP SEEDS



AVOCADO



BANANAS



ALMONDS



GRAPES



TOMATOES



BRUSSELS SPROUTS



PARSLEY



BEETS



SPINACH



POTATOES



GREEN PEAS



SWISS CHARD



CHIA SEEDS



SUNFLOWER SEEDS



APRICOTS



COLLARDS



COCONUT MEAT



PINE NUTS