

4 FOODS HIGH IN IRON

IRON



RED MEAT

Beef - Ground beef - Pork -
Deer - Moose - Elk



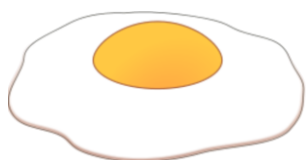
FISH

Walleye - Pike - Canned
Salmon - Canned Tuna -
Sardines



POULTRY

Chicken - Turkey - Goose -
Prairie Chicken - Duck



MEAT ALTERNATIVES

Eggs - Pork & Beans -
Canned Beans - Lentils



BROUGHT TO YOU BY:

The Healthy Eating Team of the Northern Healthy Communities Partnership