

Foods High In Vitamins **A**, **C**, and **Iron**

<i>Include a VITAMIN A fruit or vegetable at least twice a week.</i>	<i>Include a VITAMIN C fruit or vegetable daily</i>	<i>Include an IRON source daily</i>
<p><u>FRUIT SOURCES:</u></p> <ul style="list-style-type: none"> ◆ Apricots ◆ Cantaloupe ◆ Cherries, red sour (canned) ◆ Grapefruit juice (pink or red) ◆ Guava ◆ Mandarin oranges ◆ Mangoes ◆ Nectarines ◆ Papayas ◆ Peaches ◆ Plantains, cooked ◆ Prunes ◆ Purple plums (canned) ◆ Starfruit (Carambola) ◆ Tangerine ◆ Tangerine juice ◆ Tropical fruit salad (canned) <p><u>VEGETABLE SOURCES:</u></p> <ul style="list-style-type: none"> ◆ Acorn squash (baked only) ◆ Asparagus ◆ Avocado ◆ Bell peppers (red only) ◆ Bok Choy ◆ Broccoli ◆ Brussel sprouts ◆ Butternut squash ◆ Carrots ◆ Greens (collard, turnip, mustard, etc.) ◆ Hubbard squash ◆ Lettuce (romaine and leaf lettuce only) ◆ Mixed vegetables (peas, carrots, green beans, lima, beans) ◆ Okra ◆ Peas, green (frozen or canned) ◆ Pumpkin ◆ Spinach ◆ Sweet potatoes ◆ Tomatoes ◆ Tomato products (juice, paste, puree, sauce, soup, marinara sauce, spaghetti sauce, pizza sauce) ◆ Vegetable juice (i.e. V-8®) <p><u>OTHER SOURCES:</u></p> <ul style="list-style-type: none"> ◆ Liver 	<p><u>FRUIT SOURCES:</u></p> <ul style="list-style-type: none"> ◆ Apple juice (fortified with vitamin C) ◆ Apricots (fresh) ◆ Banana ◆ Blackberries ◆ Breadfruit ◆ Cactus ◆ Cantaloupe ◆ Casaba melon ◆ Clementines ◆ Grape juice (fortified with vitamin C) ◆ Grapefruit (all varieties) ◆ Grapefruit juice ◆ Guavas ◆ Honeydew melon ◆ Kiwi ◆ Kumquats ◆ Mandarin oranges ◆ Mangoes ◆ Oranges ◆ Orange juice ◆ Papayas ◆ Passion fruit ◆ Pineapple ◆ Pineapple juice ◆ Prickly pears, raw ◆ Prune juice ◆ Pummello (Pomelo) ◆ Raspberries ◆ Starfruit (Carambola) ◆ Strawberries ◆ Tangelos ◆ Tangerines ◆ Tangerine juice ◆ Watermelon ◆ Ugli fruit <p><u>VEGETABLE SOURCES:</u></p> <ul style="list-style-type: none"> ◆ Acorn squash (baked only) ◆ Asparagus ◆ Avocado ◆ Bean sprouts ◆ Bell peppers (red and green) ◆ BokChoy ◆ Broccoli ◆ Brussel sprouts ◆ Cabbage (all varieties) ◆ Cauliflower ◆ Edamame (green, boiled soybeans) ◆ Greens (collard, turnip, mustard, etc.) ◆ Hubbard squash (baked only) ◆ Kohlrabi ◆ Okra (boiled only) ◆ Peas, green (frozen) ◆ Potatoes, red, white or purple (baked only) ◆ Potatoes, instant flakes (not granulated) ◆ Potato wedges (skin on) ◆ Radishes ◆ Rutabagas ◆ Sauerkraut ◆ Snowpeas ◆ Spinach ◆ Sweet potatoes (except those canned in syrup) ◆ Tomatoes ◆ Tomato products (juice, paste, puree, sauce, soup, marinara sauce, spaghetti sauce, pizza sauce) ◆ Vegetable juice (i.e. V-8®) <p><u>OTHER SOURCES:</u></p> <ul style="list-style-type: none"> ◆ 100% fruit or vegetable juices fortified with vitamin C 	<p><u>MEAT AND MEAT ALTERNATE</u></p> <ul style="list-style-type: none"> ◆ Dried beans and peas ◆ Fish (catfish, white fish) ◆ Meats in general (especially liver) ◆ Nuts (almonds, brazil nuts, cashews, walnuts) ◆ Nut butters (almond, cashew, peanut, sunflower seed) ◆ Poultry ◆ Shellfish ◆ Soybeans, roasted or soy nut butter ◆ Sunflower seeds ◆ Tuna ◆ Turkey <p><u>FRUITS AND EGETABLES</u></p> <ul style="list-style-type: none"> ◆ Artichoke hearts (fresh, boiled) ◆ Asparagus ◆ Avocado ◆ Breadfruit ◆ Cherries, red sour (canned) ◆ Dried beans and peas ◆ Dried fruits (apricots, dates, figs, peaches, pears, prunes, raisins) ◆ Edamame (green, boiled soybeans) ◆ Greens (collard, turnip, mustard, etc.) ◆ Lima Beans ◆ Prune juice ◆ Pumpkin ◆ Sauerkraut (canned) ◆ Snow peas ◆ Spinach ◆ Tomato paste ◆ Vegetable juice (i.e. V-8®) <p><u>BREAD AND BREAD ALTERNATES</u></p> <ul style="list-style-type: none"> ◆ All enriched, whole-grain or fortified bread and bread alternates.
<p>Compliments of</p>  <p>ChildCare Links</p>		