

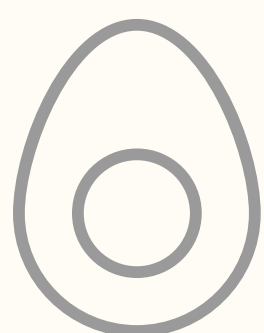
# WINNING FOOD COMBINATIONS TO MAXIMIZE IRON ABSORPTION

Choose 1 food per column to create a meal that's high in

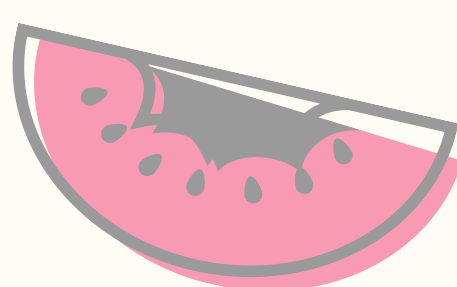
IRON

VITAMIN C

ENERGY



Simple omelette



Piece of kiwi



Large wedge of  
tomato with olive oil



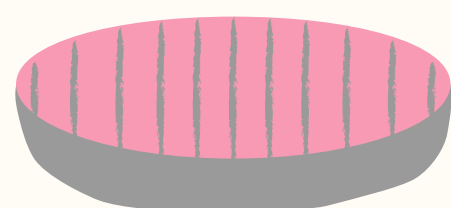
Hummus on spoon or  
spread onto broccoli



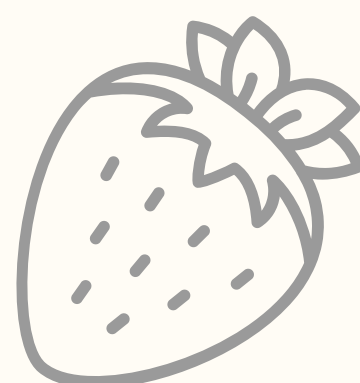
Roasted broccoli  
floret



Roasted bell pepper



Mini beef burger



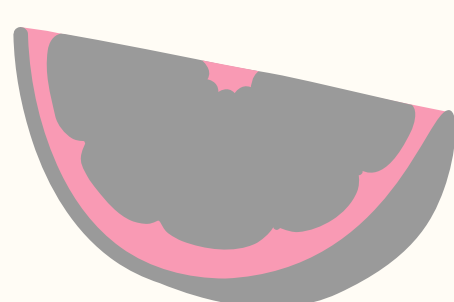
Big soft fresh strawberry



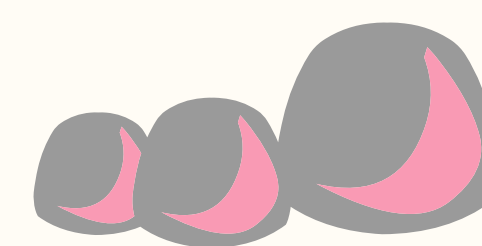
Avocado wedge without  
the peel



Chicken drumstick



Orange wedge



Large piece of fresh  
mozzarella

