

Foods Rich in Vitamin C



Vegetables

Tomato, broccoli, cauliflower, bell pepper, chili pepper, cabbage.

Fruits

Cantaloupe, pineapple, guava, strawberry, kiwi, mango.

Citrus fruits

Lemon, lime, orange, grapefruit.

Avoid juices - eat the foods instead.



To view the full list of foods rich in iron and vitamin C, visit eisnerhealth.org.

Foods Rich in Iron



Meats

Beef, duck, lamb, shrimp, fish, shellfish, liver.

Non-meats

Beans and lentils, leafy greens (such as spinach, collards, kale, chard), broccoli, whole grain cereals and breads, dried fruits and nuts (such as pumpkin seeds).



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