

## 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](https://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.

