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

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.

Avoid juices- eat the foods instead.

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