

Nutrient-Dense Foods

Calcium-Rich Foods

Milk
Yogurt
Cheese
Green leafy veggies
Dried Peas and Beans
Fortified Foods:
 Eggo Waffles™
 Orange Juice
 Teddy Grahams®

Iron-Rich Foods

Meat
Poultry
Fish
Tofu, firm
Chickpeas
Sunflower Seeds
Broccoli
Prune Juice
Carnation® Instant Breakfast™

Folic Acid-Rich Foods

Leafy veggies
Green beans
Dried Peas and Beans
Whole grain cereals
Fruit
Fortified foods:
 Cereal
 Spaghetti

Vitamin C-Rich Foods

Citrus juices
Strawberries
Melons
Kiwis
Broccoli
Potatoes
Cabbage
Grapes

Vitamin A

Milk
Egg Yolk
Liver
Cheese
Margarine
Dark green leafy veggies
Dark orange/yellow
 veggies

Vitamin B6

Meat
Seafood
Banana
Watermelon
Potatoes
Sweet Potatoes
Nuts and seeds
Fortified Cereals

Zinc-Rich Foods

Meat
Poultry
Seafood
Eggs
Yogurt
Legumes
Seeds
Whole Grains

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