

**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

Written 2/01  
Revised 2/04  
Reviewed 5/07, 6/10

©The Children's Hospital of Philadelphia 2010. Not to be copied or distributed without permission. All rights reserved.  
Patient family education materials provide educational information to help individuals and families. You should not rely on this information as professional medical advice or to replace any relationship with your physician or healthcare provider.