## **Your Iron-rich Foods List**

| Red Meats    | Poultry          |
|--------------|------------------|
|              |                  |
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|              |                  |
|              |                  |
| Fish         | Meat Substitutes |
| risn         | Meat Substitutes |
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|              |                  |
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| Leafy Greens | Whole Grains     |
|              |                  |
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|              |                  |
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| Legumes | Beans         |
|---------|---------------|
|         |               |
|         |               |
| Nuts    | Seeds         |
|         |               |
| Fruits  | Miscellaneous |
|         |               |

| Notes |  |
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