These are some good sources of iron:

- Lean meat (3.2 milligrams/3-ounce patty)
- Tuna and salmon (1.1 mg/3 ounces)
- Iron-enriched and whole-grain breads and cereals (.9 mg/1 slice of bread)
- Cooked dried beans (4.1 mg/1 cup)
- Leafy, green vegetables (1.9 mg/½ cup of spinach)
- Eggs (0.7 mg/egg)
- Raisins (0.8 mg/1/4 cup)

Eat Smart. Play Hard.
For more information, visit www.ndsu.edu/eatsmart. This Web site has information for parents and kids, including fun educational games and recipes.

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