**Calcium Rich**
- Milk
- Cheese
- Yogurt
- Green leafy vegetables (Like spinach & collard)
- Salmon & sardines

**Iron Rich**
- Any fruit
- Any vegetable
- Crackers
- Cereals
- Cornbread
- English Muffins
- Gingersnaps
- Graham crackers
- Jello
- * Nuts
- * Popcorn
- Pretzels
- Pudding & dips (Made with Lowfat Milk and Milk Products)
- * Raisins
- Rice cakes
- Vanilla wafers
* may cause choking in young children

**Vitamin C Source**
- Broccoli
- Cabbage
- Cauliflower
- Grapefruit & grapefruit juice
- Green peppers
- Greens
- Oranges & orange juice
- Musk melon (Cantaloupe)
- Pineapple
- Potatoes
- Raspberries
- Spinach
- Strawberries
- Sweet potatoes
- Tomato & tomato juice
- Watermelon
- "WIC" juices

**Limit these higher fat foods:** *(Have only one of these a day.)*
- Any Fried or Greasy Foods
- Bacon
- Bratwurst
- Biscuits
- Bologna
- Chocolate bars & candies
- Cookies
- Corn chips
- Doughnuts
- French fries
- Hot dogs
- Polish sausage
- Potato chips
- Salami
- Sausage links or patties

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Think Health - Act Now!
City of Milwaukee Health Department
Tom Barrett, Mayor
Bevan K. Baker, Commissioner of Health
www.milwaukee.gov/health
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