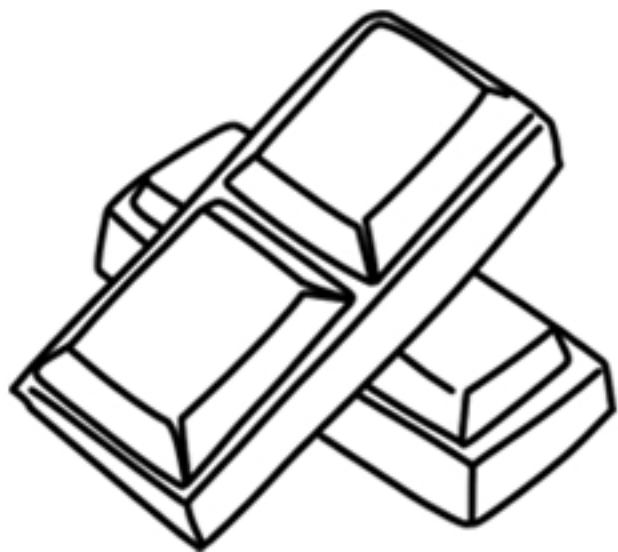


Sources of Iron

Iron is an important mineral that your body uses to carry oxygen through your blood. A lack of iron causes you to feel tired and short of breath.

Color the foods below that are rich in iron!



Dark Chocolate



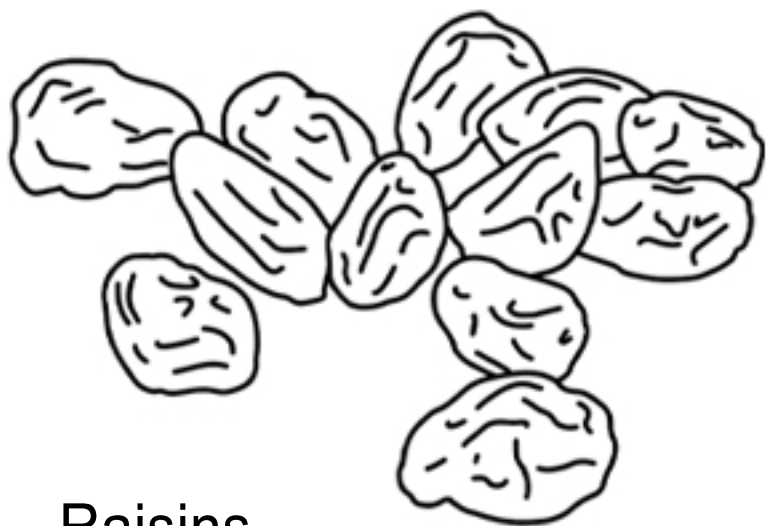
Peas



Spinach



Chickpeas



Raisins



Cashews



Pumpkin Seeds



Kale