

peanut butter
on toast with chopped
strawberries & kiwi



nubitesTM
nutrition tips for today's families

No. 418

make snacks with
iron & vitamin C

Help your child grow healthy and strong!
Offer plenty of foods high in
iron and **vitamin C**
every day.

refried beans
with carrots,
bell peppers &
sugar snap peas



iron
fortified
cereal



nutrition
matters[®]
nutrition education that matters

© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

peanut butter
on toast with chopped
strawberries & kiwi



nubitesTM
nutrition tips for today's families

No. 418

make snacks with
iron & vitamin C

Help your child grow healthy and strong!
Offer plenty of foods high in
iron and **vitamin C**
every day.

refried beans
with carrots,
bell peppers &
sugar snap peas



iron
fortified
cereal



nutrition
matters[®]
nutrition education that matters

© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.