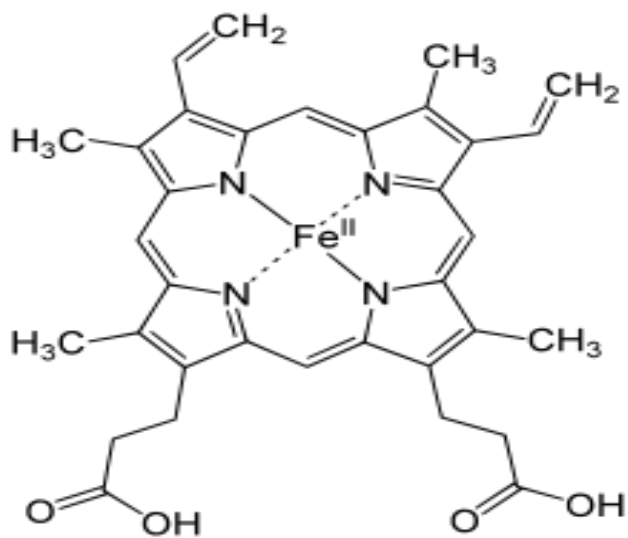
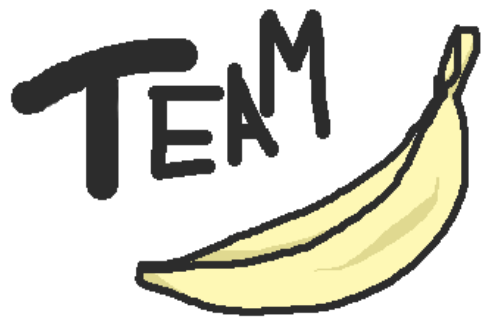


Iron-rich foods



Team Banana

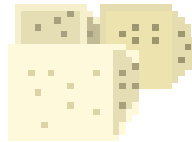
Bananananananan~~~~~

Heading 1



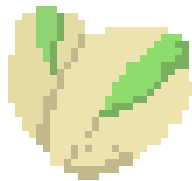
Spinach

attaining 15% iron (of total protein) in a 100 g, 2.7mg



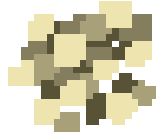
Tofu

Attaining 30% iron (of total protein) in 100g, 5.4mg



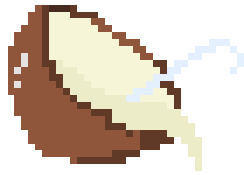
Pistachios

Attaining 21% iron (of total protein) in 100g, 3.9mg



Amaranth

Attaining 11% iron (of total protein) in 100g, 2.1mg



Coconut Milk

Attaining 8% iron (of total protein) in 100g, 1.6mg