|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Iron-rich foods | /Users/YanruChen/Documents/GitHub/Team_Banana/teambanana.png | | /Users/YanruChen/Desktop/220px-Heme_b.svg.png | /Users/YanruChen/Documents/GitHub/Team_Banana/person.png | |
| Team Banana  Bananananananan~~~~~~~~~~~~~~~~~~ |

# Heading 1

/Users/YanruChen/Documents/GitHub/Team_Banana/spinach.png

## Spinach

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

/Users/YanruChen/Documents/GitHub/Team_Banana/tofu.png

## Tofu

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

/Users/YanruChen/Documents/GitHub/Team_Banana/pistachios.png

## Pistachios

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

/Users/YanruChen/Documents/GitHub/Team_Banana/amaranth.png

## Amaranth

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

/Users/YanruChen/Documents/GitHub/Team_Banana/coconutmilk.png

## Coconut Milk

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