The key to getting enough iron is eat a balanced diet...

Eating a balanced diet that includes both heme and non-heme iron sources will boost a child’s iron stores and help prevent iron-deficiency and anemia. But iron by itself is not enough, several other nutrients are needed for the body to make hemoglobin and absorb iron, especially Vitamin C.

**Eating 63 mg **Vitamin C** boosts iron absorption by 300%!**

Eat foods high in Vitamin C with meals to get the most out of the iron in your meals:

- **700 - 1200 mg / jin**
  - Fresh Chili Peppers
  - Red Sweet Pepper

- **300 - 500 mg / jin**
  - Green Sweet Pepper
  - Persimmon
  - Dried Chilis
  - Goji Berries
  - Kiwis
  - Jujubes

- **100 - 250 mg / jin**
  - Cauliflower
  - Chinese Cabbage
  - Sweet Potato
  - Tomato
  - Cabbage