



# Combating



# Postpartum Anemia With Iron-Rich Foods

Green leafy  
vegetables  
(especially spinach)



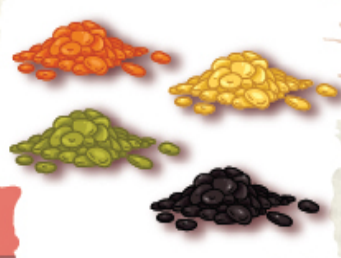
Iron-fortified bread



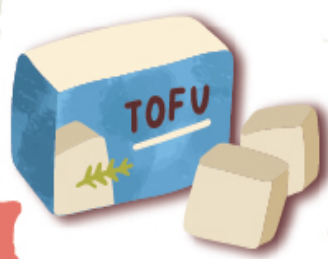
Beans, such as red  
and white beans



Lentils



Tofu



Brown rice



Strawberries

