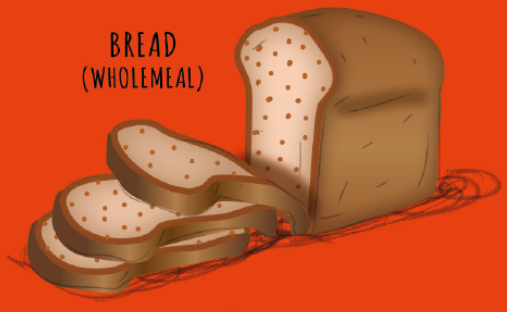
Viva! IRON-RICH FOODS

DR_ED APR_COTS

BAKED BEANS

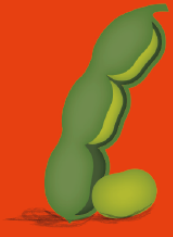
BLACK-EYED BEANS



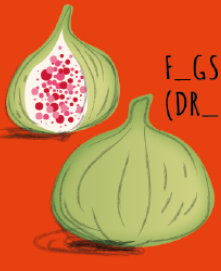
BREAD (WHOLEMEAL)

CASHEW NUTS

KALE

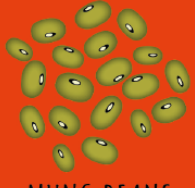


EDAMAME

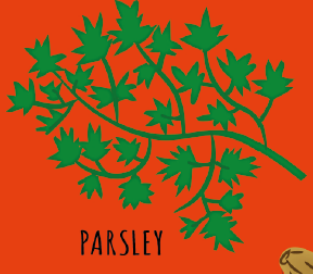


F_GS (DR_ED)

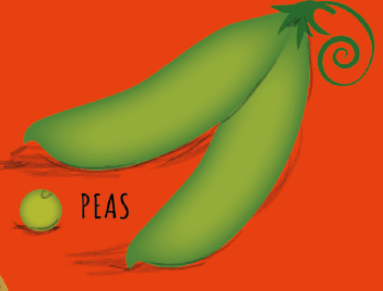
LENT_LS (ALL TYPES)



MUNG BEANS



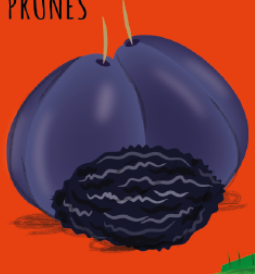
PARSLEY



PEAS

P_NE NUTS

PUMPK_N, SESAME AND SUNFLOWER SEEDS



PRUNES

RA_S_NS AND SULTANAS

K_DNEY BEANS

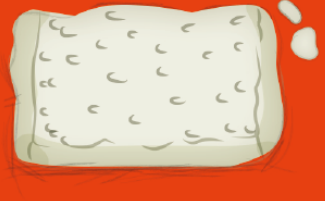
SP_NACH

SPR_NG GREENS

SPR_NG ON_ONS

SPAGHETT_ (WHOLE WHEAT)

SW_SS CHARD



TOFU & TEMPEH

WALNUTS, HAZELNUTS AND ALMONDS

WATERCRESS

VIVA.ORG.UK