

NUTRIENT-DENSE FOODS FOR BABY

PER 100 g	APPLE	CARROTS	RED MEAT	EGG YOLK	GIZZARD	CHICKEN LIVER
PHOSPHORUS	6 mg	31 mg	140 mg	390 mg	148 mg	299 mg
IRON	.1 mg	.6 mg	3.3 mg	2.7 mg	2.5 mg	9.0 mg
ZINC	.05 mg	.3 mg	4.4 mg	2.3 mg	2.7 mg	2.5 mg
COPPER	.04 mg	.08 mg	0.2 mg	.08 mg	.04 mg	0.4 mg
VITAMIN B2	.02 mg	.05 mg	0.2 mg	0.5 mg	0.2 mg	1.8 mg
VITAMIN B6	.03 mg	.1 mg	.07 mg	0.4mg	0.1 mg	.72 mg
VITAMIN B12	0	0	1.84 mcg	1.9 mcg	1.2 mcg	16.6 mcg
VITAMIN C	7 mg	6 mg	0	0	3.7 mg	18 mg
VITAMIN A	0	0	40 IU	2300 IU	64 IU	34,000 IU
VITAMIN D	0	0	8 IU	1400 IU	?	370 IU
VITAMIN K	0	0	2.5 mcg	35 mcg	?	9.5 mcg