

IRON



What is Iron?

- Iron is a mineral that promotes good health.
- It carries oxygen throughout your body.
- Everyone needs it.

What is Iron Deficiency Anemia?

- Iron Deficiency Anemia is caused by having too little iron in the blood.
- Many of us are anemic and don't even know it.
- With anemia, you may feel extra tired and run down.
- A child with anemia may have a harder time learning and concentrating at school.

How Can I Get Enough Iron?

- Eat foods that have iron in them, like meats, beans and fortified cereals every day.
- If you are pregnant, take the iron pill the doctor gave you. It is still best to get iron from both food and the iron pill.
- Try not to drink coffee or tea with your meals. They could keep your body from using iron.
- Eat foods that contain Vitamin C like oranges, strawberries and tomatoes.
- Eat WIC cereals and drink the recommended amount of WIC juice with your meals.

Does Anyone Need Extra Iron? Yes!

- Pregnant women, infants and children need extra iron.
- Pregnant women need extra iron stores to make up for the blood they lose to their baby's birth.
- Infants and children need extra iron because they are growing. As they grow, their blood supplies grow. Extra iron keeps their blood supplies healthy and growing properly.

How Does My Baby Get Enough Iron?

- For younger babies less than 6 months
 - ♣ Breastmilk is the best.
 - ♣ Iron fortified formula if not breastfeeding.
- For 6 months and older infants, add baby foods to breast milk or formula
 - ♣ Plain strained meats.
 - ♣ Cooked and mashed dry beans and peas.

Excellent Iron Sources



Red Meat / Liver



Fish



Clams and Oysters



Dark Meat of Poultry



Canned Tuna

The foods below are GOOD sources of iron.
The iron in these foods needs the help of vitamin C to be used by the body.

Good Iron Sources



Lentils



Beans



Spinach



Dark Leafy Greens



Tofu



Soybeans / Edamame



Nuts / Seeds



Iron-Fortified Cereal



Whole Grains



Vitamin C Sources



Orange/Orange Juice



Peppers



Tomatoes



Green Peas



Strawberries



Broccoli / Cauliflower



Cantaloupe



Cabbage / Brussels Sprouts



Kiwi



Potatoes