

Helpful Hints

- Adding meat and foods rich in Vitamin C to your meal helps your body use iron better.
- Avoid drinking tea or coffee with your meal.
- Limit milk to 2-3 cups a day for young children.
- Iron that comes from meat is better used by the body than iron from plant foods.
- Cooking in iron skillet increases the amount of iron in foods.
- Pair an iron rich plant food with a Vitamin C rich food at meals to increase the amount of iron used by the body.
- Make sure your child is eating regular meals.

Try these dishes that contain iron:

Broccoli and beef stir-fry

Spaghetti and meatballs with tomato sauce

Cereal and strawberries

Baked beans and rice with tomatoes and cabbage

Your Goal

Small Steps to Building A Healthier You!

*Write Your Goal

*When will you meet your goal?
(Set a date)

*How will you achieve your goal?

1.

2.

3. I will eat _____ serving (s) of iron-rich foods a day.

Don't Give Up!

References:
Iron and Iron Deficiency, CDC
USDA Dietary Reference Intakes
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IRON

“Building Blood”



What Does Iron Do For Me?

- Iron helps carry oxygen to every cell in the body.
- Iron is an important nutrient for the brain.
- Iron helps us have a healthy immune system that can fight infections.
- Iron gives us energy!



Low Iron Levels Cause Anemia

- Anemia is when your blood is low in iron.
- Anemia may cause problems with your child's growth.
- Anemia may cause you or your child to feel very tired or to look pale.
- Children with anemia score lower on tests and are poorer learners.
- If you are pregnant and have anemia your baby may be born premature or have a low birth-weight.

Iron Rich Foods

Excellent Sources of Iron



Lean beef

Liver

Dark meat chicken and turkey

Iron in meat is used better by the body than iron in plant foods.

Did You Know?

The darker the meat, the richer it is in Iron!

Good Sources of Iron

WIC cereals

Turkey

Chicken

Pork

Fish

Beans, peas, lentils

Spinach, collard greens

Iron enriched bread, rice, and pasta

Prunes and raisins



Vitamin C

Vitamin C helps your body use the iron that you eat from plant sources.



TIP: Choose a Vitamin C rich food along with an iron rich plant food to help your body better absorb iron.

Foods High in Vitamin C

Oranges, grapefruit, tangerines

100% Juice

Strawberries, raspberries, blackberries, blueberries

Kiwi, mango, papaya, guava

Broccoli, cauliflower, cabbage

Cantaloupe, honeydew melons, watermelon

Tomatoes, potatoes

Red, yellow, and green peppers

Greens

