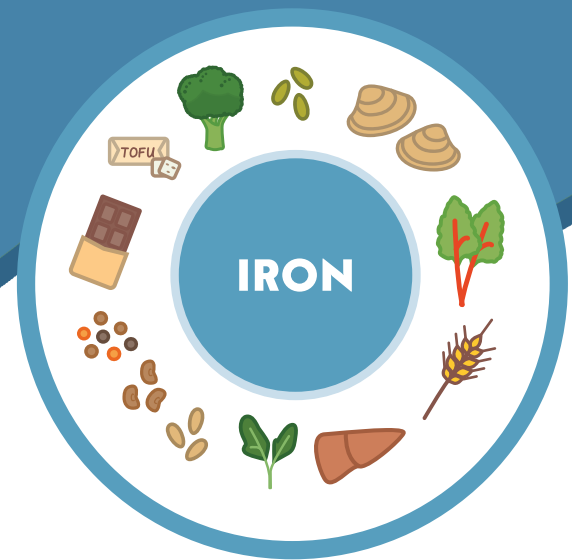


# Iron



## What Is Iron?

- ◆ Iron is a mineral needed for healthy blood and to promote good health.
- ◆ **Everyone** needs it.

## Why Do I Need Iron?

- ◆ *To prevent Iron Deficiency Anemia.*

## What Is Iron Deficiency Anemia?

- ◆ Iron Deficiency Anemia is caused by having too little iron in your blood.
- ◆ Many of us are anemic and don't even know it.
- ◆ With anemia, you may feel extra tired and more run down.
- ◆ If you are pregnant, these very same things can happen to your baby.
- ◆ A child with anemia may have a harder time learning and concentrating at school.

## How Can I Get Enough Iron?

- ◆ Every day, you should eat foods that have iron in them, like meats and fortified cereals.
- ◆ Often the doctor will prescribe an iron pill.
- ◆ It is still best to get iron from both food and the iron pill. Sometimes all of the iron in the pill may not be used by the body.
- ◆ Try not to drink coffee or tea with your meals. They can keep your body from using iron.
- ◆ Foods with Vitamin C in them, like fruits and juices, help your body use iron.

## Who needs extra Iron?

- ◆ Pregnant women, infants, and children need extra iron.
- ◆ Pregnant women need extra iron to support growth of the baby
- ◆ After child birth women need extra iron to make up for the blood loss during child birth.
- ◆ Infants and children need extra iron because they are growing. And as they grow, their blood supplies grow. Extra iron keeps their blood supplies healthy and growing properly.

## How Does My Baby Get Enough Iron?

- ◆ Breastmilk is just right.
- ◆ Iron fortified formula & cereals.
- ◆ Meats
- ◆ Dried beans and peas for older babies.

## One More Thing!

- ◆ Drink your WIC juice with your cereal.

# Iron Rich Foods



- Dark Leafy Vegetables
- Egg Yolks
- Tofu
- Red Meat
- Poultry
- Grains
- Nuts and dried fruits
- Legumes and Lentils
- Iron Fortified Cereals
- Beans



# Vitamin C

Vitamin C helps in the absorption of Iron.



- Strawberry
- Broccoli
- Peppers
- Vitamin C Fortified Juice
- Oranges
- Kiwi
- Sweet potatoes
- Tomato



## Sample Menu

**Breakfast:** Cereal (Iron Fortified) with fruit and milk, orange juice, toast



**Snack:** Crackers with peanut butter, fruit



**Lunch:** Soft Tacos with beans and meat, salad made of lettuce and tomatoes



**Snack:** Tuna sandwiches



**Dinner:** Stir fried chicken with broccoli and brown rice

