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

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

Vitamin C helps in the absorption of Iron.

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