

FOODS HIGH IN IRON:

- Beef, pork, wild game (elk, venison, antelope)
- Beef or chicken liver
- Cooked beans (pinto, kidney, lima, black)
- All WIC cereals
- Fish, canned tuna
- Cooked oysters
- Leafy greens (spinach, chard, parsley, cilantro)
- Breast milk
- Formulas with added iron

FOODS HIGH IN VIT. C:

- Citrus fruits (oranges, grapefruits, tangerines, lemons)
- Cantaloupe
- Mango
- All WIC juices
- Broccoli
- Strawberries
- Sweet peppers
- Tomatoes
- Potatoes
- Cauliflower

Why do I need Iron?

Iron is Important for Health!

Your body needs iron for normal health. Iron's main purpose is to carry oxygen to cells in the body, so they can produce energy. Iron is also important for a healthy immune system and to prevent sickness.

What is Anemia?

If you or your child is not getting enough iron, you may have anemia. Women, pregnant wom-

en, pre-term infants, and infants with low birth weights are at a higher risk of getting anemia. Symptoms of anemia are:



- Looking pale
- Feeling tired and weak
- Eating poorly
- Not growing well
- Getting sick more (infections, headaches)
- Having trouble learning (not doing well in school or at work)

How Do I Know If My Family is Getting Enough Iron?



Recommended Amount of Iron:

- Children 6-12 mo: 11 mg/day
- Children: 1-3: 7 mg/day
- Children 4-5: 10 mg/day
- Women 15-50: 15-18 mg/day
- Pregnant women: 27 mg/day
- Breastfeeding women: 10 mg/day

Eating a variety of fruits, vegetables, and meats every day will provide your family with more than enough iron, and prevent anemia.

Iron Tips!

1. Drink a glass of orange juice with your breakfast cereal, or any meat products.
2. Add tomatoes or salsa on beef or pork tacos.
3. Cook your beans with some tomatoes.
4. Cook foods in cast iron skillets, pots, or pans. This adds more iron to foods.
5. Soak dry beans for several hours in cold water before you cook them. Pour off this water and use new water to cook the beans. This will let your body take more iron from the beans.
6. Add broccoli, cauliflower, or strawberries to a green salad.
7. Breastfeed your baby! Breast milk gives your baby more iron. If you don't breastfeed, make sure to feed your baby a formula that has iron added to it.
8. If you are pregnant, make sure to take your prenatal vitamins. They have extra iron added to them. If you continue to have low iron after delivery, ask your doctor about taking iron pills.

Iron and Vitamin C

Vitamin C helps your body use iron from plant and animal foods. By eating foods high in Vitamin C at the same time as foods high in Iron, your body will stay strong and healthy.



Coffee and Teas

Coffee and teas do not have Vitamin C, and make it hard for your body to use iron. In order for your body to get more iron from foods, do not consume any coffee or tea at the same time as foods that are high in Iron.



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