

Iron

Just What Is Iron?

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

So 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.
- This may be hard to do if you are pregnant. 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.

Does Anyone Need Extra Iron? You Bet!

- Pregnant women, infants and children need extra iron.
- Pregnant women need extra iron stores to make up for the blood they lose at their baby's 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 best!
- Iron fortified formula & cereals
- Plain strained meats (plain meats have more iron than combination dinners)
- Dried beans and peas for older babies

One More Thing!

- Try to drink your WIC juice with your cereal.

Excellent Iron Sources



Beef



Poultry



Beans & Ham



Liver



Fish



Pork



Braunschweiger
Liverwurst

The foods below are **GOOD** sources of iron.
The iron in these foods need the help of **Vitamin C** to be used by the body.

Good Iron Sources



Iron Fortified
Cereal
(WIC)



Dry Beans
(WIC)



Nuts and Seeds
(including WIC
Peanut Butter)



Tofu



Green Peas



Molasses



Raisins, Dates,
Dried Apricots



Vitamin C Sources



Vitamin C Fortified
Juices
(WIC)



Broccoli



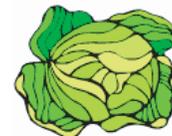
Oranges



Cantaloupe



Strawberries



Cabbage



Greens and
Tomatoes



Grapefruit