

which foods have iron?

Meat is the best source of iron, especially lean red meats.

serve meals with meat, peanut butter or beans

- Beef, pork, lamb, hamburger
- Venison and other game meats
- Chicken, turkey - dark meat has more iron than the light meat
- Fish, tuna, salmon, sardines
- Shrimp, clams
- Legumes - refried beans, baked beans, bean soup, chili with kidney beans, red beans and rice.

All dried beans are good sources of iron - black, kidney, lima, navy, pinto, soy, red and others.

- Peanut butter

choose iron fortified and whole grain breakfast cereals

all WIC Cereals are high in iron

- Serve cereal for breakfast
- Snack on dry cereal
- Eat a bowl of cereal for a bedtime snack

...other foods that are a good source of iron

- Whole grain or enriched breads, buns, tortillas or pasta
- Brown rice or enriched rice
- Egg yolks, tofu
- Dark green vegetables - spinach, broccoli, kale, swiss chard, collards, mustard and turnip greens
- Dried fruits - raisins, prunes, dried apricots

Breastfeed your baby, or use iron fortified formula until he is one year old.

milk is low in iron

A preschool child needs 16 ounces of milk each day. If your child drinks a lot of milk (more than 24 ounces in a day), he may not be hungry to eat foods with iron - meat, grains and vegetables.

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absorb more iron

Help your body use more of the iron from beans, grains and vegetables by serving meals with some meat or a Vitamin C food.

Foods with Vitamin C:

- Broccoli, cauliflower, cabbage
- Tomatoes, bell peppers
- Oranges, grapefruit, kiwi
- Juice with 100% Vitamin C
- Strawberries, melons, mango, papaya



1. Eat a Vitamin C food with an iron food:

- Glass of orange juice and breakfast cereal
- Salsa with a bean burrito
- Broccoli in a pasta dish
- Orange slices and a peanut butter sandwich
- Serve fruit at the end of a meal

2. Add a small amount of meat to meals:

- Add cooked hamburger or chicken to bean burritos.
- Serve hamburger or turkey patty on a whole grain bun.
- Make pasta dishes with beef, chicken, pork or turkey.



Your clinic may measure the amount of iron in your blood by testing your hemoglobin.

what can cause a hemoglobin to be low?

- Women and children are at risk to have a low hemoglobin.
- Small children need plenty of iron for their growing bodies.
- Pregnant women need iron for their new baby.
- Women need to replace the iron that is lost each month through menstrual bleeding.

Your family needs iron from food to grow and be healthy.

what happens if we don't get enough iron?

- You may feel weak and get tired easily. It can be hard for little children to learn and play.
- You may get sick more easily
- You may have a poor appetite



This card provides general nutrition information; medical advice should be obtained from your health care provider.

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