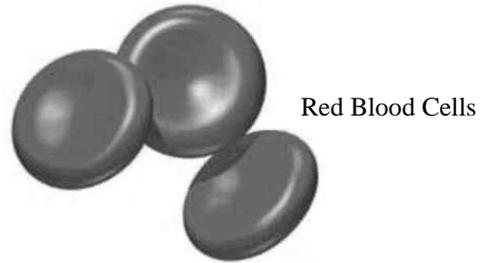


Information on Iron

- ◆ You need IRON in your diet to help build healthy red blood cells.
- ◆ If you don't have enough iron in your blood, you may:
 - ◆ Have pale or dry skin
 - ◆ Feel weak or tired
 - ◆ Have shortness of breath
 - ◆ Feel loss of appetite



- ◆ Infants, preschoolers, teenagers, pregnant women, and women who use IUDs need more iron than others due to their increased growth or blood loss.
- ◆ Iron is found in many foods, but in small amounts. Therefore, it is hard for some people to get enough iron from foods to prevent iron deficiency anemia or “tired blood.” The following tips may help:

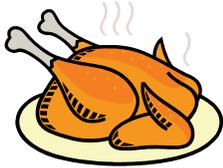
How to Prevent Iron Deficiency Anemia

- ◆ Eat a wide variety of foods every day, including milk products, meat and alternates; vegetables and fruit, and whole grains
- ◆ Include **iron rich** foods in your diet every day (see chart on back).
- ◆ Eat **vitamin C-rich** foods with meals. This will help improve your body's use of iron (see chart on back).
- ◆ Try **meat, fish, or poultry** to get more iron from other foods eaten in the same meal.
- ◆ Cook foods in **cast iron cookware** to add iron to your diet.
- ◆ **Reduce** the amount of **tea** and **coffee** you drink with meals. These beverages reduce the amount of iron you get from food.



Foods That Have Iron

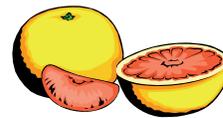
	<u>Meat/Protein</u>	<u>Vegetables/Fruit</u>	<u>Grains</u>
Foods High in Iron:	Liver		WIC Cereals
Foods with Medium Iron:	Beans Beef Chicken Eggs Turkey Nuts Sardines Seeds Shrimp	Broccoli Dried Peaches Prune Juice Dried Apricots Raisins Greens Winter Squash Tomato Juice Watermelon Dried Plums (Prunes) Spinach	Whole Grain Bread Whole Grain Cereal Rice Wheat Germ Oatmeal Tortillas



Remember: Your body's use of iron from food is improved when you also eat foods containing vitamin C or animal products. Also, using cast iron cookware will increase the amount of iron if your food.

Foods That Have Vitamin C

Foods High in Vitamin C:	Asparagus Cabbage Cauliflower Orange Strawberries Kiwi Grapefruit, Orange or Tomato Juices	Bell Pepper Cantaloupe Grapefruit Salsa Spinach Papaya	Broccoli Brussel Sprouts Green Chili Baked Potato Tomato Pineapple
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So... Choose combinations of food with the most useable iron, like:

- ◆ Iron fortified (WIC) cereal and orange juice
- ◆ Bean and beef taco (cooked in cast iron cookware), topped with tomato and salsa
- ◆ Chicken enchilada with green chili (baked in cast iron cookware), steamed broccoli, whole wheat tortilla, and watermelon for dessert.

