

TIPS TO GET MORE IRON

- **Add a little bit of meat to other foods.** This helps your body use the iron in the other foods. Small amounts of meat are good for your health. Try to eat low-fat meats!
- **Cook foods in cast iron skillets, pot, or pans** (they are heavy and black).
- **Soak dry beans** for several hours in cold water before you cook them. Pour off the water and use new water to cook the beans. This way your body will use more of the iron in the beans.
- **Allow children to drink only 2 to 3 cups of milk per day.** Milk is low in iron and can fill them up, so they are not hungry for iron-rich foods.

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For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

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IRON: THE KEY TO STRONG BLOOD



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WHY DO CHILDREN NEED IRON?

Iron is a mineral needed by everyone to keep blood strong. Iron is especially important for children because they are growing. If children do not have enough iron in their blood, they develop anemia. Anemia can cause your child to:

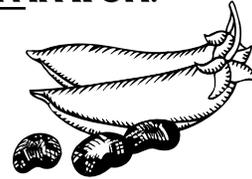
- Look pale, feel tired and weak; act cranky.
- Eat poorly.
- Not grow well.
- Get sick more easily, get infections, and headaches.
- Have trouble learning and do poorly in school.

In order for children to get enough iron, they need to eat foods high in iron.

FOODS HIGH IN IRON

Foods VERY HIGH in Iron:

- Beef
- Pork
- Cooked beans
- Cereals with iron added (check the label)
- Baby cereals with iron



Foods HIGH in Iron:

- Chicken
- Turkey
- Canned tuna fish, shrimp, clams
- Tofu
- Corn or flour tortillas, enriched (check the label)
- Rice or pasta, enriched (check the label)
- Spinach, chard, collards
- Prune juice
- Dried fruit
- Peas and snow peas

VITAMIN C AND IRON

Eat Vitamin C Foods with Iron Foods. Vitamin C foods help the body use iron. Here are some examples:

- Drink orange juice with breakfast cereal.
- Cook beans with tomatoes.
- Eat peanut butter crackers and orange juice for a snack.

Foods HIGH in Vitamin C:

- Tomato
- Potato
- Broccoli
- Cauliflower
- Cabbage
- Bell pepper
- Orange
- Cantaloupe
- Strawberry
- Grapefruit

