

WHY DO SOME CHILDREN AND ADULTS HAVE LOW-IRON BLOOD?

Children who drink too much milk and do not eat enough foods high in iron can have low-iron blood. Children 2 to 5 years old should drink about 16 to 24 ounces of milk per day.

Some people have low iron blood because they eat too many foods high in sugar and fat. They fill up on these foods and do not eat as many foods high in iron. Foods high in sugar and fat such as soda, fruit drinks, candy, and chips have little or no iron in them. Eat less of these foods and choose more foods high in iron.

Tea, regular coffee, and decaffeinated coffee can keep your body from using iron. If you drink coffee or tea, drink it in moderation and between meals instead of with meals.



Special reminder for: _____

Ways to increase iron: _____



WIC is an equal opportunity provider.

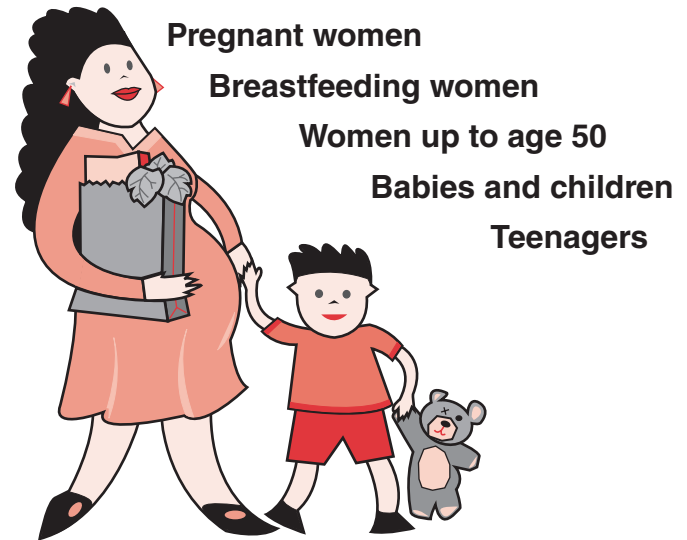


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IRON

for Healthy Blood

EVERYONE NEEDS IRON, ESPECIALLY:



WHY IS IRON IMPORTANT?

Iron is a mineral that helps build healthy blood. If you don't eat enough foods high in iron, your blood could become low in iron. People who have low-iron blood usually are tired a lot and get sick more often. Children who have low-iron blood may not learn as well.

HOW DO YOU GET ENOUGH IRON?

You get iron by eating foods high in iron. Look inside this pamphlet to help you choose foods high in iron to include in your meals everyday.

WHAT FOODS HAVE IRON IN THEM?

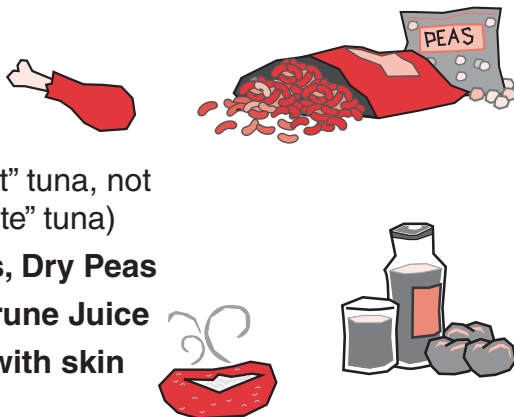
BEST sources of iron

Liver
Beef
Lamb
Clams
Shrimp
WIC Cereals and
Cereals with at least 45%
iron per serving



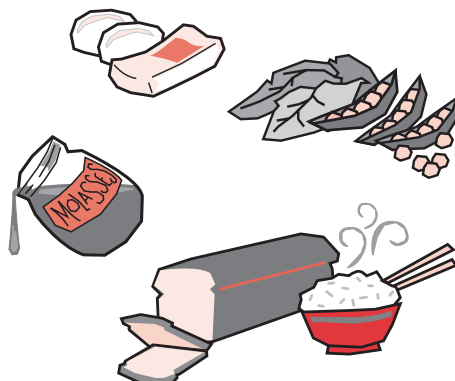
GOOD sources of iron

Pork
Chicken
Turkey
Tuna ("light" tuna, not
"white" tuna)
Dry Beans, Dry Peas
Prunes, Prune Juice
Potatoes with skin



FAIR sources of iron

Eggs
Tofu
Spinach
Green Peas
Molasses
Breads
Rice
Other Cereals



WHAT HELPS YOUR BODY USE THE IRON IN FOODS?

Eating even a small amount of **meat, fish, chicken, or turkey** (best sources of iron) will help your body use the iron in other foods. **Vitamin C** helps your body use the iron in grains and vegetables. Eat and drink a food high in vitamin C at the same meal that you eat a **good** or fair source of iron.

WHAT FOODS ARE HIGH IN VITAMIN C?

These fruits: "WIC juices," oranges, orange juice, grapefruit, grapefruit juice, other juices with at least 100% vitamin C per serving, watermelon, strawberries, cantaloupe, mango, and papaya.

These vegetables: tomatoes, tomato juice, broccoli, cabbage, and green peppers.

Try adding one of these fruits or vegetables high in **vitamin C** to your meal the next time you eat a **good** or **fair** source of iron. For example, add strawberries to your cereal, or drink orange juice or grapefruit juice with your eggs and toast.

WHAT ABOUT IRON DROPS OR PILLS?

People with low-iron blood sometimes need to take iron drops or pills. Follow your doctor's instructions if you are given iron drops or pills. Make sure you keep eating foods high in iron.

CAUTION:

Keep iron pills and vitamin pills with iron out of the reach of children. Pills with iron could be **deadly** to children if they ate too many by accident!

