

More tips:

- 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, pots, or pans (heavy black ones). Cooking foods in cast iron adds iron to the food.
- 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. Then, your body will take in more iron from the beans.

Warning: Keep all iron pills and iron drops away from children. Too much iron from pills or drops can poison your child. Just 10 iron pills can kill a small child.

RCPC WIC Program

726 26th Ave Ste 2
Fairbanks, AK 99701
Phone: 907-456-2990
Fax: 907-456-2980

**RCPC WIC
Program**

**You Can
Get The
Iron You
Need!**



You and your family need iron

What is iron?

Iron is part of your blood. It carries oxygen in your body. You need iron to keep your blood strong. If your blood is low in iron, you have anemia.

Anemia can make you or your child:

- 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 or work.

If you are pregnant, your baby could be born too soon or too small.

Who needs iron?

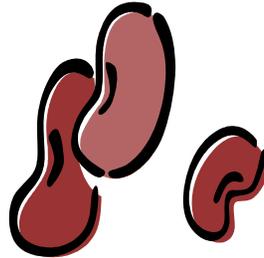
Everyone needs iron, but pregnant women and young children need more iron. Pregnant women need 30mg a day and children 1-10 years need 10mg a day.

How can you get more iron?

- Eat food with lots of iron **every day**.
- Eat a vitamin C food at the same time you eat an iron-rich food. The vitamin C helps your body use the iron.

Iron Foods

- Hamburger and other red meat
- Liver and Liverwurst
- Chicken and Turkey
- Tuna and other kinds of fish
- Beans like pinto, kidney, baked beans or lentils
- Peanut butter and peanuts
- Whole grain or enriched breads, cereals, noodles
- Greens like mustard, turnip, spinach, kale
- Raisins, dried apricots and prunes
- WIC Cereals



Eat vitamin C foods with iron foods:

Vitamin C helps your body use iron. Eat a vitamin C food when you eat iron foods, or cook them together. Examples:

- Drink a glass of orange juice with your breakfast cereal.
- Cook your beans with some tomatoes
- Have some salsa on your taco
- Give your baby some fruit with his/her cereal

Vitamin C Foods

- Oranges and orange juice
- Broccoli
- Snow Peas
- Cantaloupe
- Green and red peppers
- Chili peppers
- Strawberries
- Cabbage
- Tomatoes
- WIC juices

Milk products are low in iron!

All dairy products like milk, cheese, yogurt and ice cream are very low in iron. They are good foods, because they have calcium for bones and teeth. But **too much** milk could make your child anemic. The milk fills your child up and keeps him/her from getting enough iron foods. What to do:

- Start teaching your baby to use a cup around 6 months of age. Then *stop giving your baby a bottle* around 1 year. Many children who use a bottle after one year drink too much milk, and often are not hungry at mealtimes.
- After your child's first birthday, 4 to 6 small servings of milk or milk products a day is enough. No more than 24 ounces of milk per day.