

## Why Do You Need Iron?

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Everyone needs iron to stay healthy.

Iron makes red blood cells that carry oxygen throughout the body. If your blood is low in iron, you can get iron deficiency anemia.

Anemia can make you:

- Look pale, feel tired and weak, act cranky
- Eat Poorly
- Not grow well
- Get sick easily
- Have trouble learning

## Vitamin C Can Help

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Eating foods rich in Vitamin C can help your body absorb Iron. Below is a list of Vitamin C rich foods.

### Vegetables

Tomatoes  
Broccoli  
Cauliflower  
Brussel

Sprouts

Peppers



### Fruits

Oranges  
Grapefruits  
Strawberries  
Kiwi  
Cantaloupe  
Mango



## How Can I Get Enough Iron?

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Eat high iron foods every day.  
Choose foods from the list below.

### Cereal

Cheerios  
Kix  
Total



### Vegetables

Peas  
Spinach



### Meat

Lean Beef  
Pork  
Game Meats  
Chicken  
Turkey  
Ham



### Fish

Canned Tuna  
Shrimp



### Other

Eggs  
Tofu  
Nuts  
Corn and Flour Tortillas  
Enriched rice, pasta and bread  
Dried Fruit



## Other Ways to Get More Iron

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Drink milk, juice, or water with meals. Coffee and tea lessens the amount of iron your body takes in from the food you eat. If you drink coffee or tea, drink them between meals.

Wean children from the bottle by one year of age. Many children who keep using the bottle after one year drink too much milk. Milk is nutritious but has no iron.

Take an iron supplement if recommended by your doctor.

## Iron Rich Snack Ideas

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- ✓ Tortilla Chips with Bean Dip
- ✓ Meat Spread on Crackers
- ✓ Bean Burrito
- ✓ Meat Sandwich
- ✓ Quesadilla

## Can You Get Too Much Iron?

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You're not likely to get too much iron from the foods you eat, but it is possible to get too much iron from supplements. Take only the amount of iron supplements that your doctor recommends. Too much iron can be toxic.