

What is Iron?

- A mineral that is needed for growth and development
- It carries oxygen throughout the body

What is Iron Deficiency Anemia?

- Caused by too little iron in the blood
- May make you feel extra tired with little to no energy
- A child with anemia may have a harder time learning and concentrating in school



How Can I Get Enough Iron?

- Eat foods high in iron every day
- Try not to drink coffee or tea with your meals, they can keep your body from using iron
- Eat foods high in vitamin C to help your body use iron
- Eat WIC cereals and drink WIC juices with meals
- If you are pregnant, take an iron supplement if prescribed by your doctor

It is always best to get iron from food first and a supplement only if your doctor tells you to



Does Everyone Need Iron? **Yes!**

- Pregnant women need extra iron stores to make up for blood loss during childbirth
- Infants and children need extra iron to help them grow
- Extra iron helps keep infant's and children's blood supply healthy and growing
- Breastfeeding women need extra iron to support infant brain development and it can even give them an extra energy boost

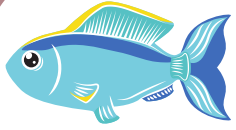


How Does my Baby get Enough Iron?

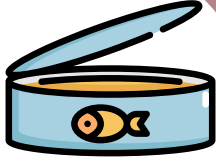


- **Infants under 6 months:** Breast milk is best or iron-fortified formula if not breastfeeding.
- **Babies over 6 months:** Add breast milk or iron-fortified formula to baby cereal, strained meats, and mashed beans or peas.

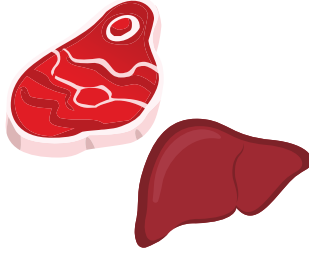
Excellent Sources of Iron



Fish



Canned Tuna



Red Meat & Liver

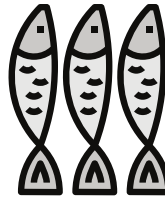


Clams & Oysters



Dark Meat Poultry

Make sure to avoid fish **high in mercury** while pregnant, such as shark, king mackerel, and swordfish.



Fish high in iron & low in mercury:

- Salmon
- Sardines
- Anchovies
- Haddock

Good Sources of Iron

The iron in these foods need the help of **vitamin C** to be used by the body

Iron Sources



Enriched Pasta



Brown Rice



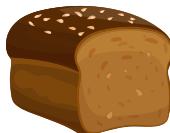
Infant Cereal



Spinach/Green Leafy Vegetables



Soy beans (Edamame)



Whole Grains



Beans



Nuts/Seeds



Vitamin C Sources



Oranges/ Orange Juice



Peppers



Cauliflower/Broccoli



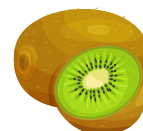
Tomatoes



Strawberries



Green Peas



Kiwi



Potatoes