

IRON FACTS

Everyone needs to eat foods which contain iron. Iron helps your body make red blood cells. If you do not have enough iron in your blood, you may feel weak or tired, your skin may be dry or pale, you could be short of breath or have a loss of appetite. Infants, preschoolers, teenagers, and pregnant women need more iron than others.

Food Sources of Iron

Meat/Alternates

Dried beans and peas
Beef, poultry, eggs
Liver, organ meats
Nuts, seeds
Sardines, shrimp

Vegetables/Fruit

Dried apricots, dried peaches
Broccoli, greens, spinach
Winter squash, raisins

Grains

Whole grain breads
Whole grain cereals
Oatmeal
Rice, corn or flour tortillas

Vitamin C helps our bodies absorb iron. Be sure eat foods rich in Vitamin C with foods rich in iron. Some good sources of Vitamin C are:

Asparagus
Bell pepper
Oranges
Broccoli
Cabbage
Cantaloupe
Grapefruit
Sweet potatoes
Spinach
Tomatoes

