

# IRON FACTS

- You need **IRON** in your diet to make Healthy red blood cells.
  
- If you do not have enough iron in your blood, you may:
  - have pale or dry skin
  - feel weak or tired
  - will be short or breath
  - feel loss of appetite
  
- Infants, preschool, teenagers, pregnant women need more iron than others.
  
- Iron is found in many foods, but in small amounts. It is hard for some people to get enough iron from foods to prevent iron deficiency. The following tips may help:

## HOW TO PREVENT IRON DEFICIENCY

- Eat a wide variety of foods every day, including milk products, meat, vegetables, fruits and whole grains.
  
- Include iron rich foods in your diet every day.
  
- Eat vitamin C-rich foods with iron foods. This will help the body absorb iron.  
(see chart on back.)
  
- Cook foods in cast iron cookware to add iron to your diet.
  
- Reduce the amount of tea and coffee you drink with meals  
These drinks reduce the amount of iron you get from food.

## FOOD SOURCES OF IRON

**Sources:** Meat / Alternates  
beans and peas dried  
beef  
chicken  
eggs  
liver  
liverwust  
nutritional yeasts  
nuts  
organ meats  
turkey  
sardines  
seeds  
shrimp

Vegetable/Fruit  
apricots, dried  
broccoli  
greens  
peaches, dried  
prune juice  
prunes  
raisins  
spinach  
squash, winter  
tomato juice  
watermelon

Grain  
bread whole grain  
cereals, whole grain  
or enriched  
oatmeal  
rice  
iron fortified cereals  
tortillas, corn or flour

## FOOD SOURCES OF VITAMIN C

### Good Sources:

apargus  
bell pepper  
boccoli  
bussel sprouts  
cabbage  
cantaloupe

cauliflower  
grapefruit  
grapefruit juice  
green chili (sauce)  
orange  
orange juice  
salsa

potato  
(baked or boiled)  
strawberries  
spinach  
tomato  
turnip

Examples of combinations of foods with useable iron:

- Iron fortified cereal and orange juice.
- Bean and beef taco, topped with tomato and salsa
- Chicken enchilada with green chile, steamed broccoli, whole wheat tortilla, and watermelon for dessert.

