

Include **IRON-RICH** foods in your everyday diet!



IRON helps your blood carry oxygen to your muscles and body parts. You have more *energy* and are *healthier* when you have enough iron in your blood. Children and adults who have enough iron learn faster and perform better at school and work.

Did you know...


- Iron that comes from meat is used more easily by your body than iron that comes from other sources.
- When you eat foods containing iron, it is recommended that you also drink or eat foods that contain Vitamin C. Vitamin C helps your body use iron better.
- Make sure your child is not drinking too much milk. A preschool child needs 16 ounces of milk each day. If your child is drinking more than 24 ounces in a day, they may not be hungry to eat foods with iron.
- Your body may not absorb the iron available in the foods you eat when you drink coffee or tea with meals.
- If an iron supplement or multi-vitamin with iron has been recommended, it is important to take it regularly.
- Keep iron supplements and vitamins out of the reach of children. Too much iron can be poison.

MIX & MATCH



Choose a Vitamin C-rich food along with an iron-rich food to help your body use iron better:



Foods with Iron	Foods with Vitamin C
Iron-fortified cereals	WIC juices
Iron-enriched breads, noodles, and rice	Grapefruit and grapefruit juice
Beef and pork	Oranges and orange juice
Chicken and turkey	
Fish	
Pinto, kidney, black, lima, and navy beans	Cabbage
Soybeans, lentils, and dried peas	Tomatoes
Eggs	Bell peppers
Spinach, turnip, kale and collard greens	Brussels sprouts
Raisins and dried fruit	Kiwi
Tofu	Guava, mango, and papaya
Prune juice	Strawberries

Try this iron-rich recipe!

BREAKFAST TACOS (serves 4)

- 4 whole wheat tortillas
- 4 eggs
- 1 15-oz. can beans or 2 cups cooked beans

Mix the eggs and beans. Heat in a pan until eggs are fully cooked. Spoon the mixture of eggs and beans into the tortillas and enjoy!

Optional: Add ground beef, spinach, or green peppers when cooking. Top with fresh tomatoes or enjoy with a glass of Vitamin C-rich juice.