

Boost Your Child's Brain Power

Boost that brain power by making sure your child gets enough iron!

Iron helps make blood strong. Since children are growing so fast, they need a lot of iron in their diets.

Most moms may not notice any signs that their child isn't getting enough iron. But when kids don't get enough iron, they may have trouble learning and growing strong.

Make sure your child is as smart as can be!

Offer plenty of the high iron foods below to make sure your child is getting enough iron.



Red Meat



Other Meat



Beans



WIC Cereals



Boost Your Child's Energy and Growth!

Try these Tips from WIC Moms to Make Sure Your Child Gets Plenty of Iron:

- ▶ I add meat to other foods I make. I add hamburger to spaghetti sauce or beans. Sometimes I put chicken in my enchiladas.

Roberta, Pascua Yaqui Tribe

- ▶ Issac used to drink a lot of milk. Even though I know milk is good for him, too much milk isn't. I only give him milk at meals and I only give him about $\frac{3}{4}$ of a cup at a time.

Cynthia, Gila River Indian Community

- ▶ I give my son a little WIC juice with his WIC cereal. I also add some tomato slices on the side when I make burritos. I heard that it helps get more iron from foods.

Veronica, Tohono O'odham Nation

- ▶ Angela is a picky eater. I give her a vitamin with minerals just to make sure she is getting what she needs. A bottle seems expensive, but it ends up only being a few pennies a day and her health is worth it.

Rachel, San Carlos Apache Tribe

- ▶ I use iron pans to cook whenever I can. You know those heavy, black ones? The iron from the pans adds iron to foods you cook in them.

Maria, Colorado River Indian Tribes

