

Boost Your Energy Level!

Boost your energy level by making sure you are getting enough iron!

Iron helps make blood strong. When you are pregnant, you need extra iron so your baby is born healthy. After you have your baby, your body needs to replace the iron in the blood you lost.

You may not notice any signs of being low in iron or you may feel like you don't have enough energy.

Give your body the foods it needs for energy!

Eat plenty of the high iron foods below to get your body back in shape.



Red Meat



Other Meat



Beans



WIC Cereals



Re-Energize Yourself!

Ten Tips for Boosting Your Energy Level:

- 1 Have beans or lean meats at least two times a day.
- 2 Try WIC cereal with milk or just dry cereal for an on-the-go breakfast.
- 3 Take a vitamin with iron while you are pregnant and after you have your baby.
- 4 Choose whole wheat or whole grain foods.
- 5 Add hamburger to spaghetti sauce or put chicken in your enchiladas.
- 6 Use cast iron pans to cook your foods in.
- 7 Drink water, small amounts of juice or milk with meals. If you drink tea, save it for between meals.
- 8 Wait at least 18 months from your baby's birthday before you get pregnant again.
- 9 Grab a turkey or ham sandwich on whole wheat bread for a quick snack.
- 10 Have a small glass of WIC juice with your WIC cereal or add tomatoes to your beans to help the iron get from the food into your body.

