

Pump Up Your Iron!

Feeling Tired?

You may need more iron.
Iron serves many purposes
in the body, but most women
and children do not get enough
from their foods alone.

HOW IRON HELPS THE BODY FUNCTION



Carries oxygen
throughout the body
so you have energy



Helps brain
development



Keeps your immune
system strong so you
get sick less often



Helps to keep normal
body temperature



7 IRON FOODS FOR HEALTHY BLOOD

- 1 Red Meat
- 2 Chicken or Turkey
- 3 Tuna
- 4 Beans, Nuts, and Seeds
- 5 Leafy Greens
- 6 Fortified Cereals
- 7 Dried Fruits*

**Choking hazard – offer with
caution to children under 5*

TIPS FOR INCREASING IRON INTAKE

1. Add chicken or lean beef to enchiladas or burritos.
2. Put spinach in your omelet.
3. Snack on almonds, walnuts, and dried apricots or prunes.
4. Have a bean and lentil soup for lunch.
5. Foods with vitamin C are iron boosters. Try oranges, broccoli, bell peppers, or strawberries with your iron rich foods.
6. Cook with cast iron skillets – the foods can absorb some of the iron.
7. If you have trouble getting enough iron from food sources, you may need a multivitamin. Ask your doctor first.



Infants, women of child bearing age, and pregnant women require the highest levels of iron.



DID YOU KNOW?

Coffee, tea, and milk can reduce iron absorption?



TRY TO ONLY HAVE THESE DRINKS BETWEEN MEALS.