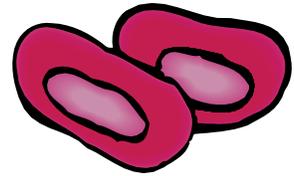


Iron for Strong Red Blood Cells

To be sure you are getting enough iron in your diet try to get at least 2 of these foods everyday! Iron makes red blood cells able to carry oxygen around the body. If you have low iron you may feel tired, dizzy, and run-down. Children need iron to support rapid growth and to have enough energy to learn and play.



Red Blood Cell

Best Sources

WIC Cereals
Liver



Good Sources

Lean Beef
Spinach
Veal
Collard, Mustard, and Turnip Greens
Ham
Lima beans
Turkey
Green peas



Fair Sources

Dried beans
Whole grain bread
Chicken
Macaroni and Spaghetti
Prunes or prune juice
Corn bread
Raisins*
Green beans
Kale



Serving Sizes

Children age 1-3	¼ cup pasta, fruits, and vegetables 1 ounce of meat or poultry ½ slice of bread
Age 4-6	⅓ cup pasta, fruits, and vegetables 1½ ounces of meat ¾ slice of bread
Adult	½ cup pasta, fruits, and vegetables 3 ounces of meat or poultry 1 slice of bread or 1 ounce cereal

Iron Boosters

Vitamin C helps the body use iron better.

Foods high in Vitamin C:

Oranges or orange juice
Grapefruit or grapefruit juice
Tomatoes or tomato juice
Greens
Broccoli
Cauliflower
Raw cabbage
Green peppers
Watermelon
Cantaloupe
Strawberries



Iron Blockers

Coffee, tea, and antacids block the absorption of iron in your body. Try not to have these things at mealtimes.



Try combining these foods to get the most from your iron sources.

Iron

Vitamin C



Breakfast cereal

with

berries or apricots

Peanut butter sandwich

with

an orange

Pasta

with

peppers

Eggs

with

salsa

Chili beans

with

tomatoes or tomato sauce

Cashews* or sunflower seeds* with

raisins*



Sample menu rich in iron and vitamin C.

Breakfast

Orange juice
Raisins* or prunes
WIC Cereal
Toast
Milk

Lunch

Turkey sandwich on whole-wheat bread
Baked beans
Coleslaw
Oatmeal cookie with raisins
Milk

Dinner

Baked chicken with rice
Greens
Cornbread
Baked apple
Milk

* Be careful as these foods may cause choking in young children.

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