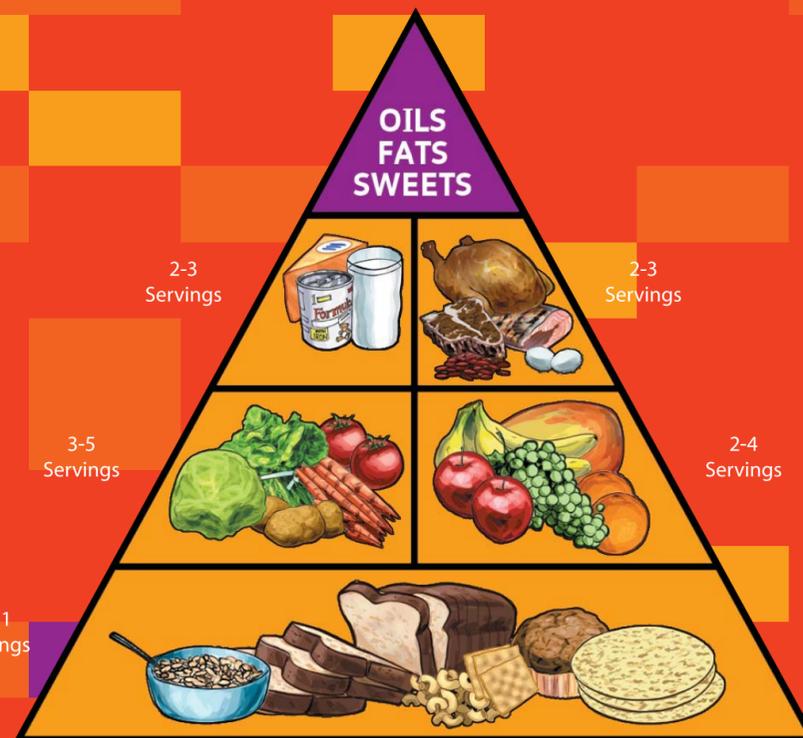


We're Keeping Babies Healthy



CALIFORNIA BLACK INFANT HEALTH PROGRAM

All Iron Deficiency materials developed in partnership with:



- Arnold Schwarzenegger, Governor, State of California
- Secretary, Health & Human Services Agency
- Director of Health Services

This placemat was made possible by the United States Department of Agriculture, Food Stamp Program, through the "California Nutrition Network for Healthy, Active Families." The USDA is an equal opportunity provider and employer.

carol h williams

DATE: 10/23/03 - 12:00 PM
 CLIENT: Black Infant Health
 FILE NAME: 150-186_Placemat
 MEDIA TYPE/UNIT: Placemat
 INSERTION DATE: N/A
 BW OR 4-COLOR: 4c
 LINE SCREEN: 150
 DOCUMENT PATH:
 NOTES: Page 1 = Front; Page 2 = Back

LIVE: 10.25" x 15"
 TRIM: 11" x 15.5"
 BLEED: 11.25" x 15.75"
 DOC STATUS: 2
 PRINT IS OUTPUT AT: 100%

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YOU CAN PREVENT IRON DEFICIENCY ANEMIA

By Eating Iron Rich Foods

Eat foods high in iron to prevent
Iron Deficiency Anemia.

Beef, Pork, Shellfish,
Beans, Chicken, Turkey and Fish



Iron-Fortified Cereals and Iron-Enriched
Noodles, Rice, Bread and Tortillas



Dark Green Leafy Vegetables such as
Chard, Collards and Spinach



Eat iron helpers with meals. Meat and
foods high in vitamin C help your body use
iron better. Foods high in vitamin C include
tomatoes, oranges, peppers, cabbage,
cantaloupe and broccoli.

Raisins, Prunes, Dried Apricots and Prune Juice



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