

# My Action Plan for Iron



Name: \_\_\_\_\_

Check the box for each step you are doing now to eat enough iron. Check the boxes for the steps you plan to take. Write down other ways you plan to improve your iron intake.

### Things that I can do to get enough iron every day

- Add one serving of vegetables such as broccoli or romaine lettuce to my diet most days of the week.
- Try a breakfast cereal that has been approved for WIC. These cereals have iron added to them.
- To find cereals approved for WIC, visit [www.cdph.ca.gov/programs/wicworks/Pages/WIC-AuthorizedFoodListWAFL.aspx](http://www.cdph.ca.gov/programs/wicworks/Pages/WIC-AuthorizedFoodListWAFL.aspx).
- Tip: Look for the WIC logo in the cereal aisle at the store. Some stores label foods approved for WIC.
- Eat an orange or another citrus fruit with my iron-rich foods.
- Try a fruit or vegetable from the iron-rich food list that I have never tried before.
- Add one serving of black beans, pinto beans, garbanzo beans or lentils to my diet most days of the week.
- My ideas for improving my iron intake:

\_\_\_\_\_

\_\_\_\_\_

Am Doing	Steps I Will Take
<input type="checkbox"/>	<input type="checkbox"/>

Signature: \_\_\_\_\_

Date: \_\_\_\_\_