

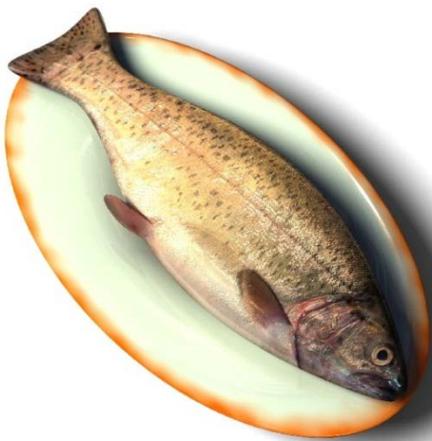
Why Do I Need Iron?

Iron is a mineral found in some foods. If you do not eat enough foods high in iron each day, you may:

- Look pale, feel tired, and act cranky
- Not feel like eating
- Have headaches and get sick more easily
- Have trouble learning and do poorly in school or work

If you are pregnant, your baby could be born too small or too soon.

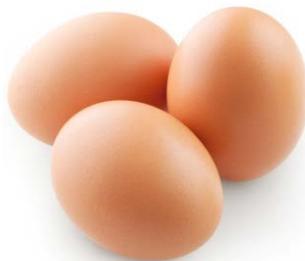
Look at the pictures below for examples of foods with iron.



Fish, chicken or other lean meats



Cooked dry beans



Egg yolks



Fortified cereals, such as WIC cereal



Dark green leafy vegetables