



Getting Enough Iron

Eating foods high in iron can help keep you and your family healthy. Eating vitamin C-rich foods along with iron-rich foods helps your body use iron.

Are you and your family getting enough iron? If not, you may develop iron deficiency anemia, a condition in which the blood has low levels of iron. Symptoms of anemia may include looking pale, feeling tired, getting sick more easily, and having a baby that is born premature or too small.

Iron is a mineral found in some foods. Eating foods high in iron can help keep you and your family healthy! Here are some tips on how to get enough iron:

For infants:

- Breastfeed your baby.
- If you give your baby formula, always use formula with iron.
- At about 6 months, start your baby on baby cereal with iron.
- At 6 to 8 months, start your baby on ground meats, mashed beans or tofu.
- Give your baby a vitamin C-rich fruit, vegetable or fruit juice at least once a day.

For adults and children:

- Eat foods rich in iron, such as:
 - beef, pork, chicken, liver, fish,
 - shellfish, and tofu
 - cooked beans
 - WIC cereals
 - enriched breads, rice, pasta, and tortillas
 - leafy greens (spinach, chard, and collards)
 - dried fruit and prune juice
- Eat or drink vitamin C-rich foods (such as oranges, broccoli, tomatoes, bell pepper, cabbage, orange juice, and tomato juice) when you eat foods containing iron. Vitamin C helps your body use iron.

What are some ways you and your children can get enough iron?