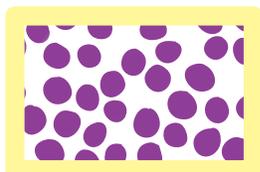
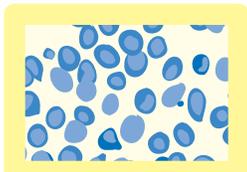


# Preventing Anemia

Anemia is when your blood is low in iron. In San Bernardino County 1 in every 5 children have anemia. People that are most affected and are at higher risk of anemia are babies, children, teens and pregnant women.



Normal blood cells



Iron-deficiency blood cells



Anemia can make your child:

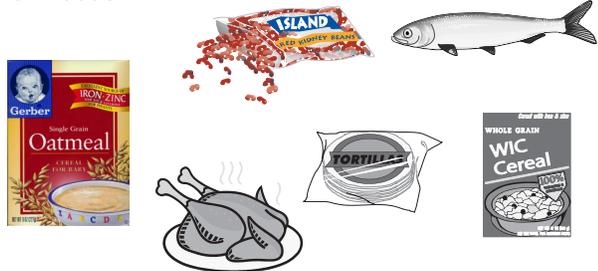
- 💧 Feel tired, act cranky, grow poorly.
- 💧 Get sick more easily, get infections and headaches.
- 💧 Have trouble with learning, behavior problems and do poorly in school.

## Activity 1 Prevent Anemia

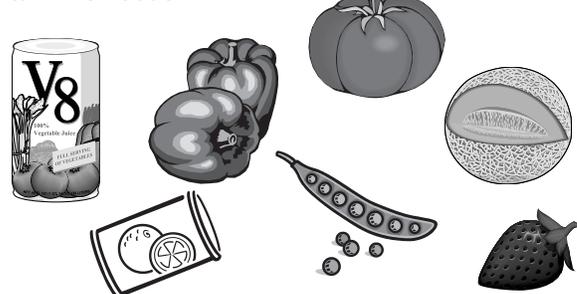
Directions: All of the statements below are true. Please read each statement and place a check mark (✓) next to all that are new information to you.

- Moderate anemia in early years has been associated with a permanent IQ loss of 6-9 points and is associated with poor school performance.
- The only way to be sure your child is not anemic is to have a simple blood test at your local clinic. Also, make sure that your child is tested for lead poisoning.
- Coffee and tea block iron from getting into your body. Also drinking too much milk can cause your child to be full therefore not eating enough foods high in iron which could lead to anemia.
- Our body can only use about 10 to 30% of the iron that we eat in our diet. So it is important to eat foods high in iron 2 to 3 times every day. Also when we eat foods with vitamin C, it helps our body to use more of the iron.

### Iron Foods



### Vitamin C Foods



## Activity 2 How do we get enough Iron?

Circle any ways that you can get more iron in your diet.

- 💧 Eat 2 to 3 foods high in iron every day.
- 💧 Eat vitamin C foods when you eat iron foods to help your body get more iron.
- 💧 Read the labels for foods high in iron and Vitamin C.
- 💧 Cook foods in cast iron pots and pans. 

Answer: All are ways to get enough iron in your diet.

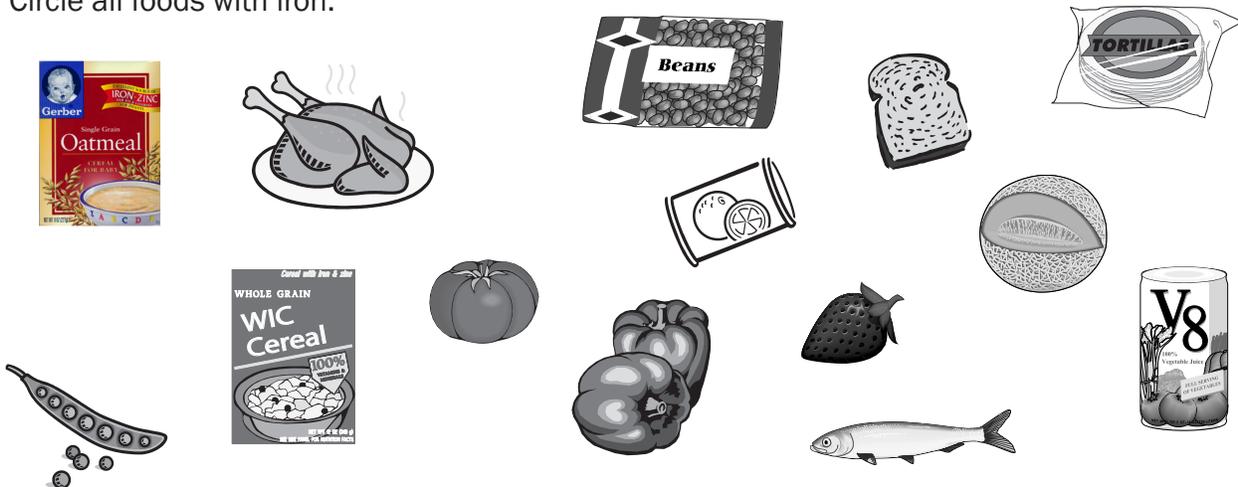
We all need iron for:

- 💧 Strong blood to carry oxygen to the whole body
- 💧 Keeping energy levels up
- 💧 Preventing colds and flu
- 💧 Growing well

NUTRITION FACTS	
Serving Size (387g)	
Servings per container	
Amount Per Serving	
Calories 480	Calories from Fat 220
% Daily Value*	
<b>Total Fat</b> 25g	38%
Saturated Fat 7g	34%
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 990mg	41%
<b>Total Carbohydrate</b> 44g	15%
Dietary Fiber 2g	7%
Sugar 20g	
Protein 16g	
Vitamin A 4%	Vitamin C 25%
Calcium 6%	Iron 45%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 . Carbohydrate 4 . Protein 4	

## Activity 3 Eat Iron Foods and Vitamin C Foods to prevent Anemia.

Circle all foods with iron.



Answer: Iron foods are infant cereals, turkey, fish, WIC cereals, dried beans, enriched bread & tortillas. The foods left are foods high in Vitamin C.