



Iron Tips—Take Two!

Iron Helpers:

Foods rich in vitamin C or meats



Foods rich in iron



Your body
uses **more**
iron!

Foods rich in vitamin C

Vegetables

- Tomato
- Broccoli
- Cauliflower
- Bell pepper
- Chili pepper
- Cabbage

Fruits

- Orange
- Cantaloupe
- Grapefruit
- Strawberry
- Kiwi
- Mango
- Papaya

Juices

- Orange
- Grapefruit
- Tomato
- Lemon/lime

If you drink fruit juice, limit intake to no more than one cup per day.

Foods rich in iron

Meats

- Organ meats (liver, giblets); no more than once a week
- Beef
- Duck
- Lamb
- Shrimp
- Fish
- Shellfish, such as clams and oysters

Non-Meats

- WIC-approved cereals
- Fortified instant cereals
- Soybeans
- Pumpkin/squash seeds
- Dry beans, cooked
- Lentils
- Spinach
- Dark green, leafy vegetables such as collards and spinach
- Eggs
- Bread/tortillas
- Rice/pasta
- Tomato paste
- Prune juice
- Dried fruit

Read food labels!

Iron is added to many foods. Look for food labels that say “enriched” or “fortified.” Some foods that may have extra iron are bread, rice, tortillas, cereals, and pasta.

Vitamin C is added to some foods because we need to have it every day. Look for labels that say “added vitamin C.” Juices are a good example of a vitamin C enriched product. Check the label to see if each serving has 50% or more of the vitamin C that you need. However, juice is high in natural sugar, so **limit juice intake to no more than one cup per day.**

! Avoid buying fruit drinks and other sweetened drinks that are high in sugar. Look for labels that say “100% juice.”