



GET THE MOST IRON EVERY DAY

Everyone needs iron! Babies, children, teenagers, and pregnant women need more iron because they are growing rapidly. There are lots of ways to get more iron in your diet besides eating liver and spinach!

INCREASE THE AMOUNT OF MEAT YOU EAT

Meat is a great source of iron. The iron in meat is used the best by your body.

- Chicken and turkey
- Lean pork and beef
- Fish, oysters, and clams
- Organ meats like liver or kidney

CONSIDER EGG YOLKS

Egg yolks have the same amount of iron as 2 tablespoons of peanut butter or 3 dried apricots.

TRY IRON RICH PLANT FOODS

Iron rich plant foods have non-heme iron, which our bodies do not absorb as well as iron from meat. Greater amounts of non-heme iron must be consumed to get the same benefits as eating meat.

- Dried apricots, peaches and raisins
- Lentils and dried beans (kidney, pinto, navy, and northern beans; split peas)
- Spinach, broccoli, kale, chard, turnip and collard greens
- Enriched whole wheat or other whole grain or iron-fortified breads and cereals, brown rice, oatmeal, oat and wheat bran, and whole wheat flour used in cooking

COMBINE IRON RICH PLANT FOODS WITH MEATS

Pairing plant and animal foods will help add variety and get other needed nutrients.

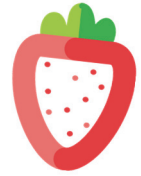
- Beef taco and refried beans
- Chicken noodle casserole with broccoli
- Turkey sandwich with baked beans
- Split pea soup with ham

**STRONG,
HEALTHY,
AND
HAPPY.**

ADD FOODS RICH IN VITAMIN C TO IRON-RICH FOODS

Vitamin C helps your body absorb iron.

- Orange and orange juice *
- Grapefruit and grapefruit juice *
- Cantaloupe
- Broccoli
- Green peppers
- Potatoes
- Strawberries
- Tomatoes and tomato sauce



** Limit juice to one serving or ½ cup (4 ounces) a day. The American Academy of Pediatrics recommends that juice not be given to infants under 1 year of age.*

LIMIT COW'S MILK TO 2 OR 3 CUPS A DAY

Cow's milk is low in iron and the iron it contains is not absorbed as well by the body. Young kids can develop iron deficiency if they drink a lot of cow's milk rather than eating foods with iron.

COOK FOOD IN CAST IRON POTS AND PANS

Foods cooked in cast iron—especially acidic foods like tomatoes or citrus juices—absorb some iron from the pan.

LIMIT STRONG TEA WITH MEALS AND SNACKS

Ingredients in tea called tannins decrease the amount of iron your body absorbs from food.



If you or your child do not get enough iron from food, you may want to talk to your doctor about choosing a multivitamin. People with low iron levels are more likely to catch infections, tire easily, and develop anemia. Anemia leads to poor growth and development in kids.

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