



IRON RICH FOODS

Importance of Iron

*Iron is vital in an infant's development. Iron plays an important role in a baby's brain, and neurological development. Iron is also a key component of hemoglobin, a protein which helps red blood cells deliver oxygen from the lungs to tissues throughout the body.

*Did you know that low iron levels can be associated with high lead levels?

Vitamin C helps your body use iron!

Foods high in Vitamin C.

- Veggies:
 - potato, tomato, broccoli, cauliflower, cabbage & bell pepper
- Fruits:
 - Orange, cantaloupe, mango, papaya, grapefruit, strawberry

Signs of Iron Deficiency:

- Feeling tired or weak
- Fussiness/irritability
- Pale skin
- Decreased appetite
- Being sick more frequently

Iron Rich Foods

- Meats
 - Beef, pork, chicken, turkey, fish and clams
- Non-meats
 - WIC cereals, cooked dried beans and peas, prune juice, tofu, eggs, bread, tortillas, rice, pasta,
- Leafy-greens:
 - collards, chard, kale, spinach