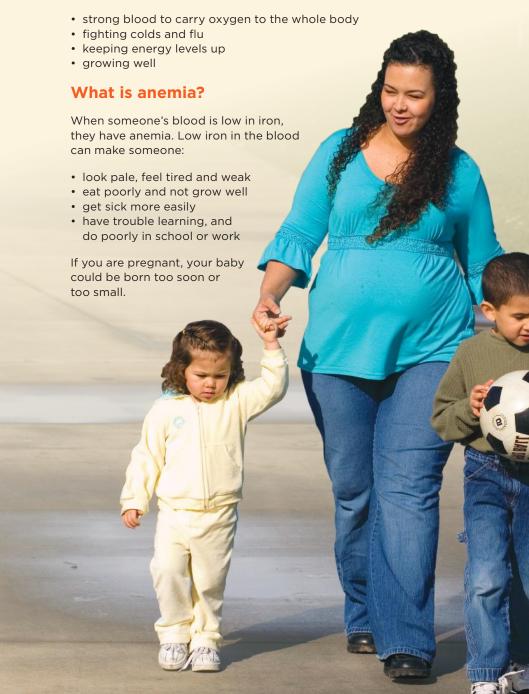


Why do I need iron?

Everyone needs iron for:



How can I get enough iron for myself and my family?

Babies:

Breastfeed your baby. Breastmilk has everything your baby needs! If you give your baby formula, always use formula with iron.

At about 6 months, offer highiron foods. These include baby cereal with iron (oat, barley, rice) and pureed plain meats. You can add pureed vitamin C rich vegetables and fruits to the baby cereals.

From 6 to 9 months, introduce mashed vegetables and fruits, baby meats, mashed beans or tofu. You can also cook ground meat and mash it for your baby. Give your baby a vitamin C vegetable or fruit at least once a day.

Children and adults:

Eat 2 to 3 foods that are high in iron every day. Look at the list in this pamphlet for some ideas. Enriched cereals are great snacks for your children!

Eat vitamin C foods when you eat iron foods. Check the list in this pamphlet.

Drink milk, juice, or water with meals. Coffee and tea can make you take in less iron from the food you eat. If you drink coffee or tea, drink them between meals.

If you are pregnant, be sure to take your prenatal vitamins. They have extra iron. If you have low iron, ask your doctor about taking iron pills. After your baby is born, check with your doctor to see if you should still take prenatal vitamins or iron pills.

If your baby or child has low iron, their doctor might give you iron drops for them. Be careful to give the right amount of iron drops.

Too much iron from pills or drops can poison your child! WARNING:
Be sure to keep iron pills and drops out of reach and safely stored away from children.



Eat vitamin C foods with iron foods:

Vitamin C helps your body use iron. Eat a vitamin C food when you eat iron foods, or cook them together. Examples:

- Drink a small glass of orange juice with your breakfast cereal
- · Cook your beans with some tomatoes
- · Have some salsa on your taco
- · Give your baby some fruit with her cereal



Vegetables:	Fruits:	Juices:
potato	orange	orange
tomato	cantaloupe	grapefruit
broccoli	mango	tomato
cauliflower	papaya	lemon
cabbage	grapefruit	lime
bell pepper	strawberry	all 100%
		vitamin C juices

Tips for getting more iron

- · Add a little bit of meat to other foods.
- Cook foods in cast iron skillets, pots, or pans (heavy black ones).
- Soak dry beans for several hours in cold water before you cook them.
 Pour off the water and use new water to cook the beans.



Sample menu for you and your child

Breakfast Enriched cereal with fruit and milk, orange juice, toast

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Snack Crackers with peanut butter, fruit

Soft tacos with beans and meat,

lettuce, tomatoes, and milk

Snack Tuna sandwich

Lunch

Dinner Chicken with rice, broccoli

and carrots, fruit and milk



Eggs Mexicali:

Ingredients:

2 cups salsa or tomato sauce

15 oz can of beans (pinto, black, etc.), rinsed

and drained, or 2 cups

cooked beans

6-8 eggs

1/4 cup cheese, grated

Directions:

- 1. Combine salsa and beans in a pan.
- 2. Cook over medium heat stirring until the mixture boils.
- 3. Crack each egg and place over the mixture one at a time.
- 4. Cover with a lid and cook until the eggs are firm-about 6 minutes.
- 5. Sprinkle with grated cheese and heat until the cheese melts.
- 6. Serve with tortillas and rice. Serves 4-6.



