



# How To Eat More FOODS WITH IRON



LESSON:  
**BUILDING HEALTHY BODIES WITH IRON FOODS**

Everyone needs iron for strong blood to carry oxygen throughout our bodies. This helps us stay healthy, have energy, and grow!

Low iron in the blood is the most common nutrition-related disorder in the world. In the United States, about 10 million people have low iron. The good news is that for most people, what they eat can help.

Iron is naturally found in many meats and plant-based foods. Some foods like grains are iron-fortified. This means iron has been added to them. Offer your family 2 to 3 foods that are good sources of iron every day.

## ANIMAL PROTEIN FOODS WITH IRON:

Try these foods for iron that is easily absorbed by the body.

MEATS	SEAFOOD	POULTRY
Beef	Anchovies	Chicken liver
Beef liver	Clams	Turkey
Pork	Crab	Dark meat chicken
Veal	Haddock	Eggs
	Halibut	
	Mussels	
	Oysters	
	Perch	
	Salmon (canned or fresh)	
	Sardines (canned)	
	Shrimp	
	Tuna (canned or fresh)	



## PLAN A MENU WITH MORE IRON:

### Breakfast

Instant cooked oatmeal with strawberries

### Lunch

Egg salad whole grain sandwich, sweet potato fries

### Snack

Whole grain crackers, bell peppers, and hummus

### Dinner

Black beans, brown rice, corn, and tomatoes



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## PLANT-BASED FOODS WITH IRON:

Eat these foods along with foods that are high in vitamin C! This will help your body absorb the iron more easily.

GRAINS	VEGETABLES	LEGUMES	FRUITS	NUTS & SEEDS
All WIC baby cereals	Baked potato	Cooked beans	Dried apricots	Nuts
All WIC cereals	Broccoli	Tofu	Raisins	Pumpkin seeds
Whole grain pasta	Spinach	Split peas	Dried peaches	Sesame seeds
Whole grain bread	Kale	Cooked lentils	Dried prunes	Squash seeds
Brown rice	Collard greens	Green peas		Sunflower seeds



## FOODS HIGH IN VITAMIN C:

Eat foods with vitamin C to better absorb the iron found in plant-based and iron-fortified foods.

VEGETABLES	FRUITS	JUICES
Bell peppers	Cantaloupe melon	All WIC juices
Broccoli	Grapefruits	
Cabbage	Mangos	
Cauliflower	Oranges	
Potatoes	Papayas	
Tomatoes	Strawberries	
Tomato sauce	Kiwis	



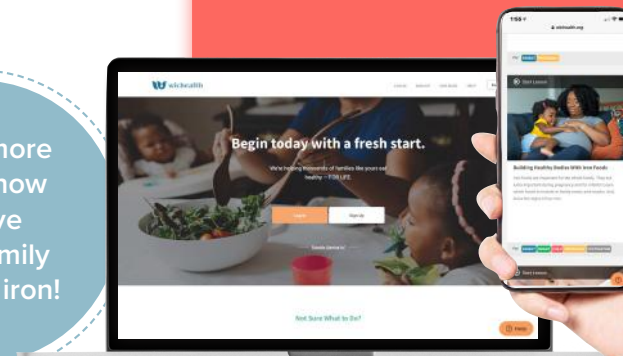
Learn more about how to give your family enough iron!

## Take This Lesson to Learn:

- Why iron is important for your body.
- Why babies need more iron.
- How menstruation, pregnancy, and what you eat and drink can affect your iron.
- How much iron you and your family need.

## To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
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- Choose a username and password
- Choose **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Building Healthy Bodies With Iron Foods**



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