Iron

Iron is a mineral found in foods. Eating iron-rich foods will keep your blood level healthy. If your iron is low; you may look pale, feel tired and weak. You may also have no appetite, not grow well and get sick more often.

**Very Good Iron Sources**
- Beef / Pork
- Beef or Chicken Liver
- Cooked Beans (pinto, garbanzo, kidney, lima black, lentils)
- Cooked Oysters
- Fortified Cereals

**Good Iron Sources**
- Chicken / Turkey
- Fish, Canned Tuna, Shrimp, Clams Tofu
- Corn / Flour Tortillas, enriched Rice or Pasta, enriched Bread, enriched Leafy greens (spinach, chard, collards) Dried fruits Peas & Snow Peas

**Iron Tips:**
- Vitamin C helps your body use iron. Eat a Vitamin C food when you eat iron foods.
  - Drink a glass of orange juice with your breakfast cereal.
  - Cook beans with tomatoes.
  - Add salsa to your taco.

Other high Vitamin C foods are:
- Vegetables - potato, tomato, broccoli, cauliflower, cabbage, bell pepper.
- Fruits - orange, cantaloupe, mango, papaya, grapefruit, strawberry.
- Juices - orange, grapefruit, tomato, lemon, lime.

**Iron Tips for Babies:**
- From Birth: Breast milk is best! If unable to breastfeed, always use iron-fortified formula.
  - Do not provide cow’s milk until 1 year of age.
- At 4-6 months: Start infant rice cereal. As able, mix in pureed fruits and vegetables.
- At 6-8 months: Start baby meats, mashed beans, cooked egg yolk and tofu to help meet your baby’s iron needs.