

Getting Enough Iron For Healthy Blood

Iron-rich foods build up
your blood so you feel good!

What happens if you don't get enough iron?

The amount of iron in your blood gets low. This is called “anemia” or “iron deficiency anemia”. Some people call this “low blood”.

If you are anemic, you may be weak and tired.

Getting your iron level up — things to do:

- In at least one of your meals each day, eat a small amount of beef, pork, chicken, turkey or fish.
- Vegetarians who are anemic need special nutrition guidance.
- Eat foods high in vitamin C to help you use the iron in some foods. Drink citrus juice or vitamin C fortified juice. Eat salads and vegetables with your meals. Have fruit for dessert.
- Remember to take the vitamin or iron supplement that your health care provider prescribes or recommends.
- Always keep all supplements away from children.



Eat more of these foods!

Foods high in iron:

- Liver: chicken, beef, pork
- Lean cuts of beef, pork or lamb
- Dark meat of chicken and turkey
- Wild game: deer, buffalo, elk
- Fish and shrimp

Other foods that contain iron will do the most good for your body if eaten with meat or with a food that has vitamin C.

Other foods with iron:

- Peanut butter, peanuts and nuts
- Dried beans like pinto beans
- Dried peas like black-eyed peas
- Lentils
- Greens: collard, mustard, turnip
- Broccoli
- Raisins, prunes and prune juice
- Iron-fortified cereals (45-100% fortified)



Foods with vitamin C:

- Oranges, orange juice
- Grapefruit, grapefruit juice
- Tomatoes, tomato juice
- Strawberries, kiwi
- Potatoes, broccoli, green peppers
- Cabbage, coleslaw
- Greens: collard, mustard, turnip, spinach
- Cantaloupe, watermelon



I will try to get more iron from my food by:

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