which foods have iron?
Meat is the best source of iron, especially lean red meats.
serve meals with
meat, peanut butter or beans
- Beef, pork, lamb, hamburger
- Venison and other game meats
- Chicken, turkey - dark meat has more iron than the light meat
- Fish, tuna, salmon, sardines
- Shrimp, clams
- Legumes - refried beans, baked beans, bean soup, chili with kidney beans, red beans and rice.
All dried beans are good sources of iron - black, kidney, lima, navy, pinto, soy, red and others.
- Peanut butter
peanut butter
choose iron fortified and whole grain
breakfast cereals
all WIC Cereals are high in iron
cereal
- Serve cereal for breakfast
- Snack on dry cereal
- Eat a bowl of cereal for a bedtime snack
...other foods
that are a good source of iron
- Whole grain or enriched breads, buns, tortillas or pasta
- Brown rice or enriched rice
- Egg yolks, tofu
- Dark green vegetables - spinach, broccoli, kale, swiss chard, collards, mustard and turnip greens
- Dried fruits - raisins, prunes, dried apricots
brown rice
Breastfeed your baby, or use iron fortified formula until he is one year old.
milk is low in iron
A preschool child needs 16 ounces of milk each day.
If your child drinks a lot of milk (more than 24 ounces in a day), he may not be hungry to eat foods with iron - meat, grains and vegetables.
© Nutrition Matters, Inc.
absorb more iron
e more of the iron
s and vegetables
with some meat
n C food.
in C:
bage
C
ango, papaya
od with an iron food:
and breakfast cereal
rrito
sh
peanut butter sandwich
of a meal
nt of meat to meals:
ger or chicken
urritos.
urkey patty
whole grain bun.
pasta dishes with beef,
icken, pork or turkey.
use a
n to be low?
ildren are at risk
w hemoglobin.
ty of iron for
ies.
ron for their new baby.
the iron that is lost
gh menstrual bleeding.
s iron from food
be healthy.
pens if we
enough iron?
weak and get tired easily
e hard for little children
n and play.
get sick more easily
ve a poor appetite
K558