

# absorb more iron

Help your body use more of the iron from beans, grains and vegetables by serving meals with a **Vitamin C food** or a **small amount of meat**.



## iron foods for moms and kids

name: \_\_\_\_\_ date: \_\_\_\_\_ hemoglobin: \_\_\_\_\_

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Your family needs iron from foods to grow and be healthy.

*Your clinic may measure the amount of iron in your blood by testing your hemoglobin.*

### The best sources of iron:

Meat is an excellent source of iron, especially lean red meats.



### other good sources of iron:

- whole grain or enriched breads, buns, tortillas, rice and pasta
- egg yolks and tofu
- broccoli, spinach, kale, and other green leafy veggies
- dried fruits - raisins, prunes, dried apricots

**Breastfeed your baby, or use iron fortified formula until he is one year old.**

**Did a small amount of meat to meals:**

- add cooked hamburger or chicken to bean burritos.
- serve hamburger or turkey patty on a whole grain bread or bun.
- make pasta dishes with beef, chicken, pork or turkey.
- add salmon, chicken or beef to a salad with spinach or broccoli.

### Not too much milk!

Milk is high in calcium, but 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.

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