

The Strength of Iron

Tips to Get More Iron

- Eat different kinds of high iron foods every day.
- Eat vitamin C foods with iron foods or cook them together.
- Try some of the vitamin C fruits, vegetables and juices from the list on the previous page.
- Cook foods in an iron skillet to add iron to the food.
- Drink milk, juice or water with meals. Coffee and tea make it harder for your body to use the iron in foods. If you drink coffee or tea, drink them between meals.
- If an iron pill has been recommended, it is important to take it regularly, as directed.

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For You and Your Family

Why You and Your Family Need Iron

- Iron helps build healthy blood.
- You can get anemia if there is not enough iron in your blood.
- Anemia can make you or your child feel tired, weak, look pale and get sick more often.
- You have more energy and are healthier when you have enough iron in your blood.
- Children and adults who have enough iron learn faster and perform better at school and work.
- Everyone needs iron every day. Eating enough high iron foods can help you and your family to feel good and stay healthy.

Foods High in Iron

Meats

Chicken
Turkey
Beef
Liver
Pork



Your body uses iron from meats the best.

Non-Meat Foods

Iron enriched cereals
Dark leafy greens (spinach, collards, kale)
Dried beans and peas
Enriched rice, pasta and cooked cereal
Enriched bread or tortillas
Fish and shellfish



Vitamin C Foods

- Vitamin C helps your body use iron.
- Eat vitamin C foods with iron foods or cook them together to help your body use iron.

High Vitamin C Foods

Vegetables

Broccoli
Cabbage
Cauliflower
Green pepper
Potato
Sweet potato
Tomato



Fruits

Cantaloupe
Grapefruit
Papaya
Kiwi
Orange
Strawberries



Juices

Grapefruit
Orange
Tomato
All WIC juices

