

# Iron In Foods: Does My Child Get Enough?

## Your child needs enough iron:

- To support his or her rapid growth.
- To replace iron that the body uses up.
- To have enough energy to learn and play.

Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of your child's regular health exam. Not sure? Ask your child's health care provider.

## You need enough iron, too.

Everyone in your family needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstrual flow. Include iron-rich foods in your family meals and snacks. Your child will benefit, too.

## Warning: Iron Poisoning!

Iron pills meant for you can be harmful to your child. Even iron supplements for children can be dangerous if they are not taken as directed. Too much iron from a pill can cause serious injury, even death.

## You can:

- Keep pills with iron in a child-safe container where your child cannot reach.
- If your child accidentally swallows iron pills, call your health care provider or the poison control center right away.

**Write down the phone number for your local poison control center:**

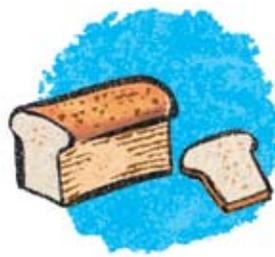
- Offer iron supplements to your child only as directed by your health care provider. **Your child will not get iron poisoning from food.**

## Good Sources of Iron

Offer these foods often.

- Lean meat
- Iron-enriched and whole-grain breads and cereals
- Cooked dried beans (black, kidney, lima, navy, pinto, soy beans)
- Greens (collard, kale, mustard, spinach, turnip)

Chicken, egg yolks, and dried fruit (raisins, apricots) have iron, too, but not as much.



Provided by \_\_\_\_\_

# Iron In Foods: Does My Child Get Enough?

## Great Pairing!

The body uses iron from meat and chicken better than iron from beans, grain products, vegetables, dried fruit, and egg yolks. Good news: vitamin C helps the body use the iron from plant-based foods. Foods you serve your family make a difference. Try this!

### Food with iron

### Food with vitamin C

Iron-fortified breakfast cereal

with berries or juice

Peanut butter sandwich

with a tangerine

Kidney beans in chili

with tomato sauce

Hard-cooked egg

with orange juice

Pasta salad

with bell peppers

*Your choice:* \_\_\_\_\_ with \_\_\_\_\_



## For extra iron, combine two foods that are good sources of iron:

### Food with iron

### Meat source of iron

Whole-grain bun

with lean hamburger patty

Refried beans

with chicken burrito

Cooked collard greens

with lean barbecued beef

Brown rice

with pork stir-fry

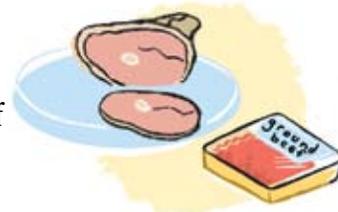
Scrambled egg

with lean ham

Whole-wheat bagel

with lean deli meat

*Your choice:* \_\_\_\_\_ with \_\_\_\_\_



Provided by \_\_\_\_\_