

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 aren't 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 can't 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:**

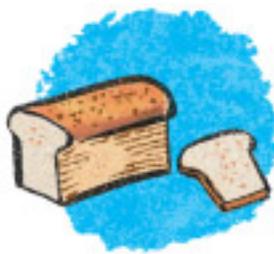
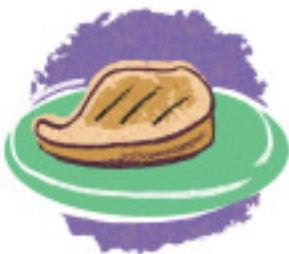
- Offer iron supplements to your child only as directed by your health care provider. **Your child won't get iron poisoning from food.**

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 green)

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



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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 meats. Foods you serve your family make a difference. Try this!

Food with iron

Breakfast cereal
Peanut butter sandwich
Kidney beans in chili
Hard-cooked egg
Pasta salad
Your choice: _____



with
and
with
and
with
with

Food with vitamin C

berries or juice
a tangerine
tomato sauce
orange juice
bell peppers



Food with iron

Whole-grain bun
Refried beans
Cooked collard greens
Rice
Scrambled egg
Bagel
Your choice: _____



with
with
with
with
with
with

Meat source of iron

hamburger patty
chicken burrito
barbecued beef
pork stir-fry
ham
lean deli meat

