

IRON

FOODS RICH IN IRON HELP BUILD HEALTHY RED BLOOD CELLS

Who Needs More Iron?

Infants
Preschool children
Teenagers
Women, especially if pregnant

Signs of Low Iron

Pale or dry skin
Feeling weak or tired
Shortness of breath
Loss of appetite
Short attention span
Feeling dizzy
Headaches

To Build Iron Rich Blood

Eat a wide variety of foods every day. Include lean meat, poultry and fish, whole grain or enriched breads and cereals, vegetables, fruits, and milk products.

Eat iron-rich foods every day (see list).

Eat vitamin C-rich foods with meals (**see back of page**). They help your body absorb iron.

Add small amounts of lean meat, poultry, or fish to foods like spaghetti, beans, or rice, to get more iron.

Reduce the amount of tea and coffee you drink with meals. Caffeine prevents your body from getting iron from foods

Cook foods in cast iron cookware (if available) to add iron to foods.

Bottle fed infants should get formula with iron. When baby is old enough for cereal, use infant cereal.

Do not take iron pill with milk. Take with orange juice instead to better absorb iron.

Iron Rich Foods

Meat/Alternatives (Best Sources)

Beans (navy, pinto and kidney;
not string beans)

Beef

Chicken (dark meat)

Eggs*

Hummus

Lamb

Lentils

Liver**

Organ meats**

Peas (green, black eyed or chick peas)

Pork

Shrimp

Tofu

Turkey (dark meat)

Veal

Vegetables & Fruits (Good Sources)

Dried apricots, prunes, raisins,
or other dried fruit

Greens

Potato (baked, skin eaten)

Prune juice

Spinach

Tomato juice

Grains (Good Sources)

Breads (whole grain or enriched)

Cereals (if iron fortified, at 45% USRDA)

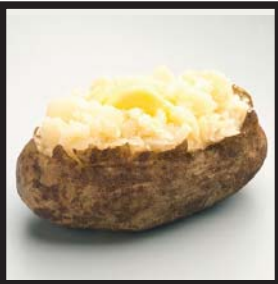
Corn bread (enriched)

Noodles or pasta (enriched)

Tortillas (enriched)

* *Limit egg yolks to 2 per week for those at high risk of heart disease.*

** *Limit liver and organ meats to 2 servings per month due to high cholesterol content.*



VITAMIN C

VITAMIN C RICH FOODS HELP YOUR BODY ABSORB IRON

Vitamin C Rich Foods

Asparagus
Blueberries
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Cantaloupe
Cauliflower
Greens
Grapefruit
Grapefruit juice
Green pepper
Orange
Orange juice
Strawberries
Tangerine
Tomato
Tomato juice

Remember . . .

Eating vitamin C foods help your body absorb iron.
Meat, poultry or fish at mealtime also helps.

Examples:

- Chicken drumstick (without skin)
with baked potato and broccoli
- Bean and beef taco topped with tomato and salsa
- Iron-fortified cereal and orange juice
- Red kidney beans and rice with tomato
- Spaghetti with tomato meat sauce

For answers to questions or family health services call:

Nurse on Call
248-858-1406 or
800-848-5533

Nutrition Services
248-858-1403 or
248-424-7056

Immunizations (baby shots)
248-858-1305 or
248-424-7046

WIC Food Program
248-858-1272

For More Information

Pontiac Office
1200 North Telegraph Road
Pontiac, MI 48341-0432
248-858-1280
Toll Free 888-350-0900

Southfield Office
27725 Greenfield Road
Southfield, MI 48076-3625
248-424-7172
Toll Free 800-758-9925

Walled Lake Office
1010 E. West Maple Road
Walled Lake, MI 48390-3571
248-926-3300

Oakland Pointe
250 Elizabeth Lake Road
Pontiac, MI 48341-1050



*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability.
State and federal eligibility requirements apply for certain programs.*