

Sample Menu High in Iron



Breakfast

- WIC cereal with milk
- Orange juice or fresh orange



Lunch

- Tuna or chicken salad sandwich on wheat bread*
- Baby carrots
- Strawberries or kiwi fruit
- 1 cup low-fat or fat-free milk



Dinner

- Chili*
- Small green salad with low-fat dressing
- Mixed fruit



Snacks

- Peanut Butter with crackers
- Broccoli with low-fat ranch dip

*Visit Texas .org for these recipes and more.

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Stay Strong with

Iron

Iron:

- Is a mineral needed to keep your body and blood healthy.
- Helps give you energy.
- Helps with growth and brain development.
- Helps prevent sickness and infections.



■ Why is iron important?

Eating enough iron will keep you and your family healthy and feeling good. When there is not enough iron in the blood you can get anemia. Anemia can make you feel tired, weak, get headaches, look pale, and get sick more often. Children who have low iron may also have trouble learning in school.



Iron is important for the healthy growth of infants, children, and for women during pregnancy.

■ What foods have iron?

There are lots of foods that are high in iron, and many WIC foods are good sources of iron. The list below shows foods that have iron.

What foods with iron will you eat more of?

- Chicken
- Beef
- Turkey
- Fish
- Pork
- Tofu
- Turnip and collard greens
- Beans, lentils, chickpeas, soybeans
- Nuts, nut butters, and seeds
- Cereal and oatmeal with iron
- Rice, bread, and pasta with iron

■ Tips for getting enough iron:

- Eat different kinds of high iron foods each day. WIC cereal, beans, and peanut butter are good sources of iron.
- Avoid tea or coffee with meals, even if they are caffeine-free. These drinks make it harder for your body to use iron.
- If you are pregnant, be sure to take your prenatal vitamins. Take iron pills only if your doctor gives them to you or your child.
- Eat vitamin C foods with iron foods. Vitamin C foods help your body use iron. There are lots of fresh fruits and vegetables that are high in vitamin C; see the list below for good sources.



What foods with vitamin C will you try?

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Bell peppers |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> WIC juices | <input type="checkbox"/> Kale |

■ Remember:

- WIC can check your iron levels and the iron levels of your child. Talk to your WIC counselor or doctor if you have questions.
- Keep iron pills and iron drops out of reach of children.