

HIGH IRON DIET

What is iron?

Iron is a mineral the body needs in order to use the oxygen we breathe. Iron is part of red blood cells. The body can lose iron through bleeding.

What foods should my child eat?

The following foods are high in iron. Your child should eat at least three to four of these foods each day. The body uses iron from animal products (i.e., meat, poultry) better than iron from vegetable products. "Vegetable iron" works better if eaten with foods high in vitamin C (i.e., oranges, orange juice, strawberries and broccoli).

<p>Best Choices:</p> <ul style="list-style-type: none">• Oysters• Clams• Prune juice• Carnation Instant Breakfast• Fortified cereals (25% USRDA for iron)• Eggs <p>Better Choices:</p> <ul style="list-style-type: none">• Beef• Pork• Lamb• Shrimp• Tofu• Peas (cooked)• Sunflower seeds• Dried prunes• Spinach• Beans (i.e., garbanzo, pinto, navy, baked beans, lima)	<p>Good Choices:</p> <ul style="list-style-type: none">• Chicken• Cocoa powder• Dried apricots• Enriched breads• Enriched noodles• Enriched rice• Figs• Fish• Lunch meat• Mackerel• Oatmeal• Peas• Potatoes• Raisins• Tortilla• Walnuts• Whole wheat bread• Yellow or green beans
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Helpful hint:

Cook food in iron skillets (especially tomatoes and tomato sauces).

Does my child need an iron supplement?

Not every child needs a supplement. Ask your doctor what is best for your child.