**IRON**

Low-iron can make your child:
- Look pale  
- Feel tired and weak  
- Eat poorly  
- Get sick more easily  
- Have trouble learning

If you are pregnant, and have low iron, your baby could be born too soon or too small.

**The best way to improve low-iron blood is to eat foods high in iron!**
- Infants younger than 1 year should drink only breast milk or infant formula supplemented with iron.
- It is important for breastfed infants to receive iron-fortified solid foods starting at about 6 months of age.
- Iron-fortified products such as all *WIC Cereals* can be a great way for kids to get more iron.

<table>
<thead>
<tr>
<th>Foods high in Iron with serving size</th>
<th>1 - 2 yrs</th>
<th>2 - 3 yrs</th>
<th>4 - 5 yrs</th>
<th>Adult Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIC Cereals</td>
<td>2-4 T</td>
<td>4-6 T</td>
<td>½ - 1 c</td>
<td>1 c</td>
</tr>
<tr>
<td>Meats</td>
<td>1-2 T</td>
<td>2-3 T</td>
<td>4-5 T</td>
<td>1-3 oz</td>
</tr>
<tr>
<td>Dried Beans/Peas</td>
<td>1-2 T</td>
<td>2-4 T</td>
<td>½ c</td>
<td>½ c</td>
</tr>
<tr>
<td>Fish</td>
<td>1-2 T</td>
<td>2-3 T</td>
<td>4-5 T</td>
<td>1-3 oz</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>1-2 T</td>
<td>2-4 T</td>
<td>½ c</td>
<td>½ c</td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>0 (Choking Hazard)</td>
<td>1 T</td>
<td>2 T</td>
<td>2 T</td>
</tr>
<tr>
<td>Eggs</td>
<td>½</td>
<td>½ - 1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Whole Grain Breads</td>
<td>¼ slice</td>
<td>½ - 1 slice</td>
<td>½ - 1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Raisins</td>
<td>0 (Choking Hazard)</td>
<td>½ c</td>
<td>½ c</td>
<td>½ c</td>
</tr>
<tr>
<td>Dried Fruits</td>
<td>0 (Choking Hazard)</td>
<td>4 pieces</td>
<td>8 pieces</td>
<td>10 pieces</td>
</tr>
<tr>
<td>Dark, Leafy, Green Vegetables</td>
<td>1-2 T</td>
<td>3-4 T</td>
<td>4 T +</td>
<td>1 c</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>0 (Choking Hazard)</td>
<td>1-2 T</td>
<td>2 T</td>
<td>2 T</td>
</tr>
</tbody>
</table>

*Foods highest in iron are at the top of the chart*

Foods with Vitamin C like fruits and juices work with Iron to build strong blood.

**Try these Vitamin C + Iron food combinations:**
- *WIC Cereal* and *WIC Juice*
- Crackers and *WIC Peanut Butter* served with fruit

**Try this delicious Iron-rich recipe and serve with WIC fruit juice!**

**WIC Cereal Mix:**

_Ingredients_
- ½ cup butter or margarine
- 1 tsp seasoned salt
- 4 ½ tsp Worcestershire sauce
- 2 ¹/₃ cup Corn Chex or Cheerios
- 2 ¹/₃ cup Wheat Chex
- 1 cup peanuts or mixed nuts
- 1 cup pretzels
- 1 cup raisins

_Directions_
1. Melt margarine in roasting pan.
2. Stir in seasoned salt and Worcestershire sauce
3. Add cereal, nuts, raisins, and pretzels.
4. Bake 1 hour in 250˚ oven while stirring and turning occasionally

*Warning: Children younger than 2 should not be given peanuts, nuts, pretzels, or raisins due to choking hazards.*

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