INDIANA WIC

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.

Foods high in Iron with serving size

	1 - 2 yrs	2 - 3 yrs	4 - 5 yrs	Adult Women
WIC Cereals	2-4 T	4-6 T	½ - 1 c	1 c
Meats	1-2 T	2-3 T	4-5 T	1-3 oz
Dried Beans/Peas	1-2 T	2-4 T	½ c	½ c
Fish	1-2 T	2-3 T	4-5 T	1-3 oz
Baked Beans	1-2 T	2-4 T	½ c	½ c
Sunflower Seeds	0 (Choking Hazard)	1 T	2 T	2 T
Eggs	½	½ - 1	1	2
Whole Grain Breads	¼ slice	½ - 1 slice	½ - 1 slice	1 slice
Raisins	0 (Choking Hazard)	1/3 c	½ c	½ c
Dried Fruits	0 (Choking Hazard)	4 pieces	8 pieces	10 pieces
Dark, Leafy, Green Vegetables	1-2 T	3-4 T	4 T +	1 c
Peanut Butter	0 (Choking Hazard)	1-2 T	2 T	2 T

** 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 2/3 cup Corn Chex or Cheerios
2 2/3 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.*