IRON:
The HARD-TO-GET NUTRIENT

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IRON is very important for blood. It is part of the hemoglobin in the blood. Hemoglobin gives blood its red color and carries oxygen to all the parts of the body. Too little iron in your blood can result in iron deficiency anemia. Eating foods high in iron is important for everyone.

HEMOGLOBIN IN BLOOD

WHO NEEDS EXTRA IRON?
1. Women who are having their periods every month.
2. Pregnant women, infants, young children and teenagers are all growing rapidly and are making more blood. They all need extra iron.
STAR the high iron foods in this list that you and your children will eat every day. **UNDERLINE** those you will eat at least once a week.

### HIGH IRON FOODS

#### MEAT GROUP
- LIVER
- DRIED BEANS
- BEEF
- PORK
- CHICKEN
- CLAMS
- NUTS

#### FRUITS and VEGETABLES
- PEAS
- KALE
- COLLARDS
- WATERMELON
- RAISINS
- DATES
- PRUNES
- DRIED APRICOTS

#### BREADS and CEREALS
- **WHOLE WHEAT BREAD**
- **ENRICHED:** BREADS, CEREALS, RICE, NOODLES, or SPAGHETTI
INFANT FOODS THAT ARE HIGH IN IRON

1. INFANT CEREALS IN BOXES

2. PLAIN STRAINED MEATS *(homemade or in jars)*

3. IRON-FORTIFIED FORMULA or IRON DROPS

The plain strained meats provide over five times as much iron as the combination dinners or soups. The plain meat costs a little more but because it has so much iron and protein it costs less for those nutrients.