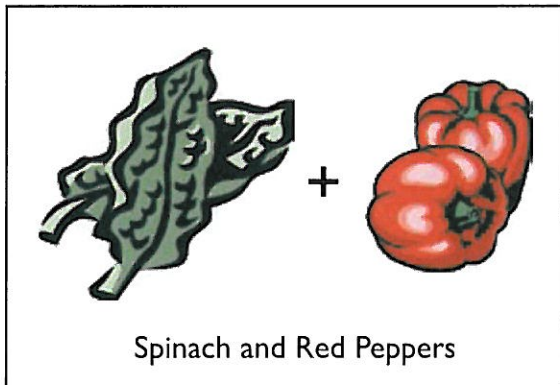


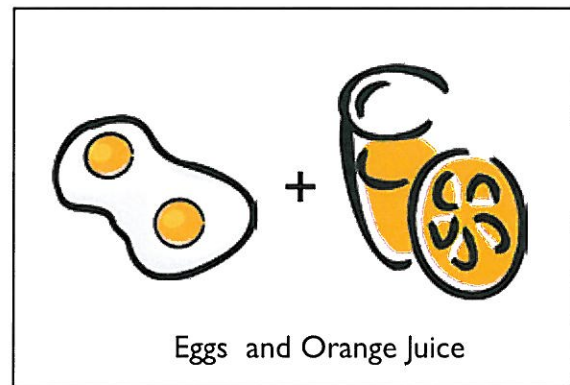
IRON

- Iron is important because it improves your blood.
- If your child does not have enough iron, it can be easier for lead to get into your child's blood. Lead is a natural substance that is sometimes in the paint and pipes of old houses. Too much lead in the blood can cause permanent damage to important organs.
- In pregnant women, low iron can increase the risk of having premature babies.
- Each day you should eat foods that are good sources of Iron. Try eating:
 - › Lean meat and chicken
 - › Green leafy vegetables, like kale or spinach
 - › Beans
 - › Fish
 - › Egg yolks (the yellow part of the egg)
- Iron is better absorbed by your body when eaten with foods that have vitamin C. Foods with vitamin C include:
 - › Oranges and orange juice
 - › Berries
 - › Red Peppers
 - › Grapefruit
 - › Tomatoes
 - › Broccoli

Try these combinations of foods with iron paired with foods with vitamin C:



or



Talk to your doctor if you are concerned about iron.