

Help Children Learn and Grow



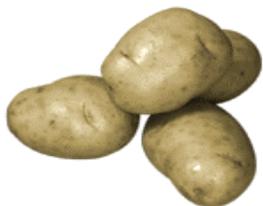
Choose foods for IRON!



HOW MUCH IRON DO CHILDREN NEED EACH DAY?

Children 1-3 years old need 7 mg of iron per day

Children 4-8 years old need 10 mg of iron per day



POTATO WITH SKIN
1 small =
1.5 mg of iron



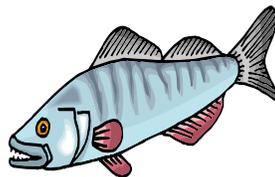
CEREALS FORTIFIED WITH AT LEAST 45% DV IRON
1 serving =
8-18 mg of iron



Cook in an iron skillet



WHOLE GRAINS AND ENRICHED BREADS
1 slice =
1 mg of iron



FISH
2 ounces =
0.5 mg of iron



BEEF
3 ounces =
1.5 mg of iron



CHICKEN
3 ounces =
1 mg of iron



DARK GREEN LEAFY VEGETABLES
1/4 cup cooked =
1 mg of iron



RAISINS, DATES, OR PRUNES
1/3 cup =
1 mg of iron



BEANS AND PEAS
1/2 cup =
2.5 mg of iron



Black Strap Molasses
1 tbsp. =
3.5 mg of iron



PEANUT BUTTER
2 tbsp. =
0.5 mg of iron



Eggs
1 egg =
0.75 mg of iron



Enriched tortillas
1 tortilla =
0.5 mg of iron

These foods contain Vitamin C, which helps your body to absorb some types of iron!



ORANGES OR 100% ORANGE JUICE

STRAWBERRIES



BROCCOLI



TOMATOES



GRAPEFRUIT



CANTALOUPE

FOOD SOURCES OF HEME AND NON-HEME IRON

Food	Iron (mg)
Sources of Heme Iron	
Beef, Liver, braised (3 ounces)	5.8
Lean Sirloin, broiled (3 ounces)	2.9
Lean Ground Beef, broiled (3 ounces)	1.8
Skinless Chicken, roasted dark meat (3 ounces)	1.1
Skinless Chicken, roasted white meat (3 ounces)	1.0
Pork, lean, roasted (3 ounces)	1.0
Salmon, canned with bone (3 ounces)	0.7
Cod, broiled (3 ounces)	0.4
Sources of Nonheme Iron	
Fortified Breakfast Cereal* (1 cup)	4.5-18.0
Pumpkin Seeds** (1 ounce)	4.2
Bran (1/2 cup)	3.5
Blackstrap Molasses (1 tbsp)	3.5
Soybean Nuts (1/2 cup)	3.3
Spinach, boiled (1/2 cup)	3.2
Red Kidney Beans, cooked (1/2 cup)	2.6
Lima Beans, cooked (1/2 cup)	2.5
Prune Juice (3/4 cup)	2.2
Pretzels (1 ounce)	1.2
White Rice, enriched, cooked (1/2 cup)	1.1
Raisins, seedless (1/3 cup)	1.0
Prunes, dried (5)	1.0
Whole-wheat Bread (1 slice)	0.8
Green Beans, cooked (1/2 cup)	0.8
Egg Yolk, large (1)	0.7
White Bread, made with enriched flour (1 slice)	0.7
Peanut Butter, chunky (2 tbsp)	0.6
Apricots, Dried (3)	0.6
Zucchini, cooked (1/2 cup)	0.3
Cranberry Juice (3/4 cup)	0.2
Unenriched Rice, cooked (1/2 cup)	0.2
Grapes (1/3 cup)	0.1
Egg White, large (1)	0.01

* Iron content varies

** Choking hazard for children under the age of 4

Healthy Beginnings: Helping Children Have Healthy Habits for a Lifetime!

Support for Healthy Beginnings provided by First 5 Shasta, Shasta County Public Health, and Shasta Head Start

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