



Iron Kid

Iron Kid's Story About
Iron and Staying Healthy



**How do you do?
My name is Iron Kid.**

**Today we are going to talk about
something called iron.**



What is iron?



**Iron is something that helps give muscles energy and guess what?
You can get iron from eating healthy foods.**



If you don't eat enough iron rich foods, you won't have as much energy and you will feel tired.

So how does iron give you energy?



When you take a deep breath, you are breathing air into your lungs. Can you point to your lungs?



The air that you breath into your lungs contains oxygen. Iron's job is to take oxygen to your whole body, including your muscles and brain.



Your muscles use oxygen to give you the energy that you need to run and play. Can you point to your big arm and leg muscles?



Your brain uses oxygen to help you think and talk. Can you point to your brain?

**You get iron from eating foods that
have iron in them.**



Beans



Beef



Cheerios®



Chicken



**Chili with
beans**



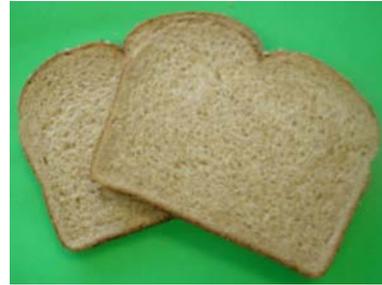
**Leafy greens
(like spinach)**

**Can you name some of these foods?
Have you ever eaten any of them?**

Remember, you can get iron from eating healthy foods.



Raisins



Whole wheat or enriched bread



Whole wheat or enriched tortillas



Wheat Chex®

Iron rich foods help you to be strong and have energy!

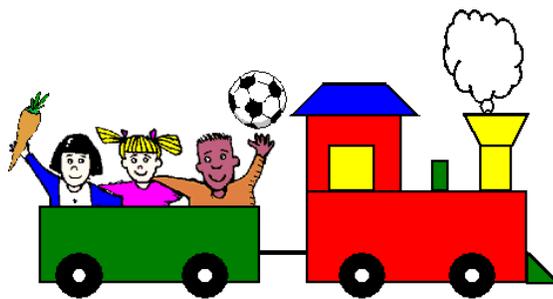


**I enjoyed talking with you about iron!
Good bye!**

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