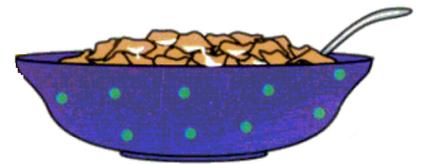
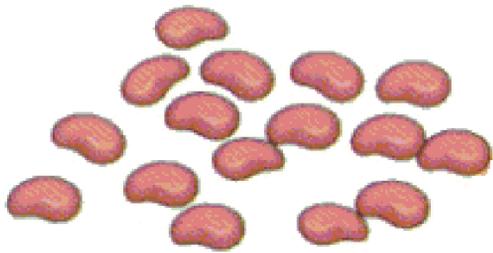
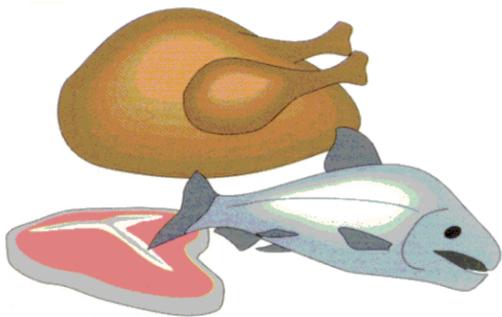


Healthy Beginnings



**Help Your Child Learn
and Grow:
Prevent Anemia!**



Simple Rules to Prevent Iron-Deficiency Anemia

Read labels to offer cereals that contain at least 45% Daily Value (DV) iron.

Nutrition Facts		
Serving Size		1 cup (30g/1.1oz.)
Servings Per Container		About 17
Amount Per Serving	Cereal	Cereal with 1/2 cup Vitamins A & D Skim Milk
Calories	110	150
Fat Calories	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0g	0%	0%
Sodium 330mg	14%	16%
Potassium 35mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Other Carbohydrate 23g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Iron	45%	45%
Calcium	0%	15%

Offer your child no more than:



2-3 cups (16-24 oz.) of milk per day
 1/2-3/4 cup (4-6 oz.) of 100% juice per day



- ◆ Children who drink too much milk or juice will not eat enough iron-rich foods. Weaning from a bottle to a cup by age one can help prevent children from drinking too much milk.
- ◆ Offer water if children are thirsty. Soda, Kool-aid[®], and fruit drinks should not be a regular part of children's diets.

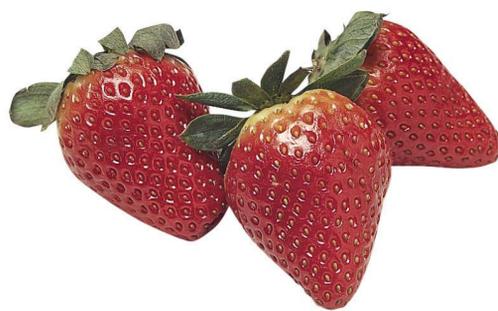
Simple Rules to Prevent Iron-Deficiency Anemia

Eat iron helper foods (meat and vitamin C-rich foods) with iron-rich foods to help your body absorb iron.

VITAMIN C-RICH FOODS



**ORANGES OR
100% ORANGE
JUICE**



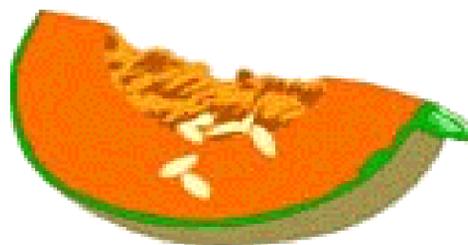
STRAWBERRIES



BROCCOLI



TOMATOES



CANTALOUPE



PEPPERS



Cook in cast iron pans to add iron to your foods.

Simple Rules to Prevent Iron-Deficiency Anemia

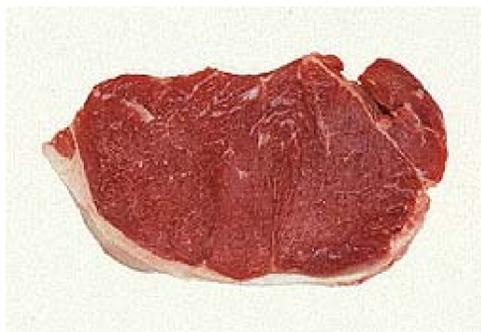
Eat more foods containing iron

HOW MUCH IRON DO CHILDREN NEED EACH DAY?

Infants 6-12 months old need 11 mg of iron per 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



BEEF
3 oz. =
1.5 mg of iron



CEREALS
FORTIFIED WITH
AT LEAST 45% DV
IRON

1 serving =
8-18 mg of iron



BEANS AND
PEAS
1/2 cup =
2.5 mg of



WHOLE GRAINS
AND ENRICHED
BREADS

1 slice =
1 mg of iron



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



EGGS
1 egg =
1 mg of iron



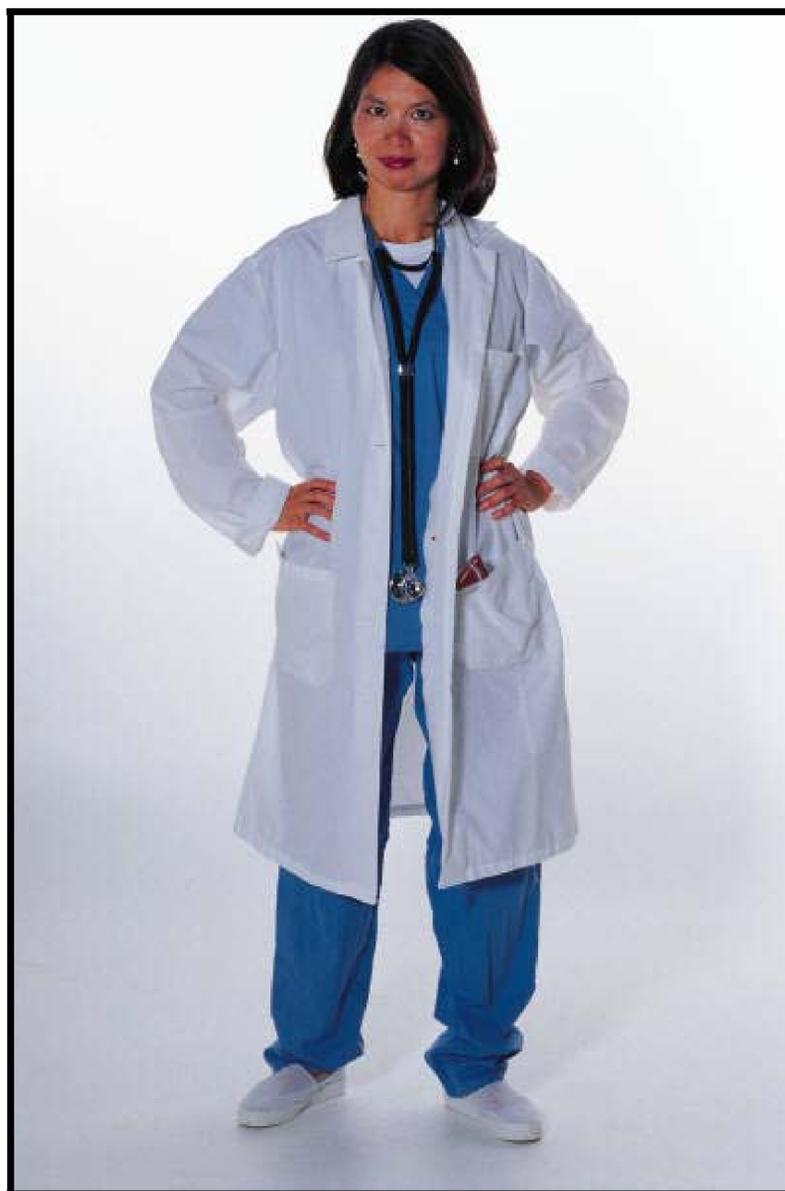
PEANUT
BUTTER
2 tbsp. =
0.5 mg of iron



CHICKEN
3 ounces =
1 mg of iron

How do I know if my child is anemic?

Your child's doctor can order a simple blood test to find out if your child is anemic.



It is usually just a finger prick.

Why are we concerned about anemia?

Anemia can harm your child
Anemic children:



Feel tired and weak



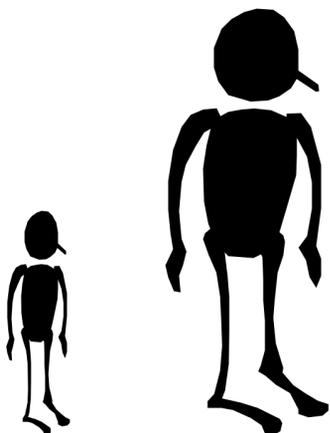
Act cranky



Eat poorly



Get sick more often



Don't grow as well

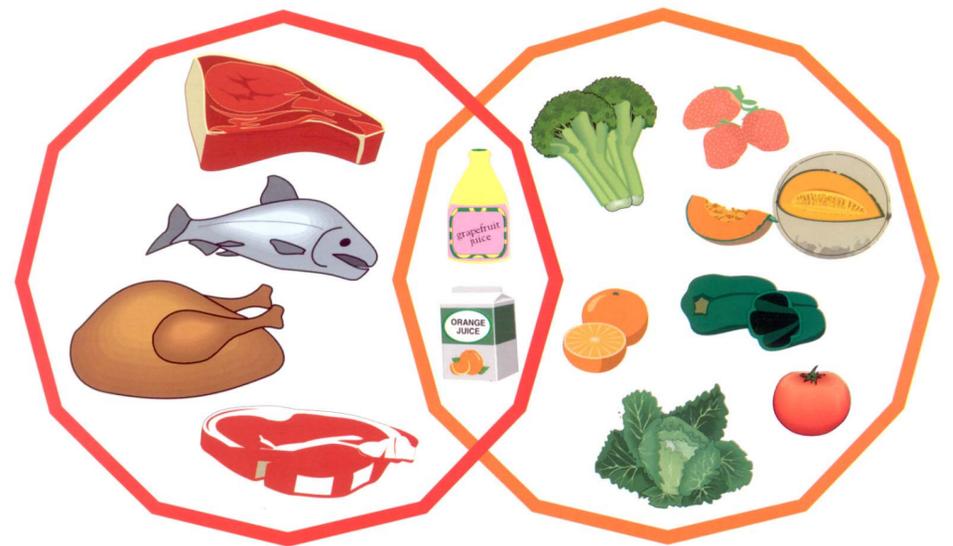


Have trouble learning

Simple Rules to Prevent Iron-Deficiency Anemia

Remember the steps to help prevent anemia

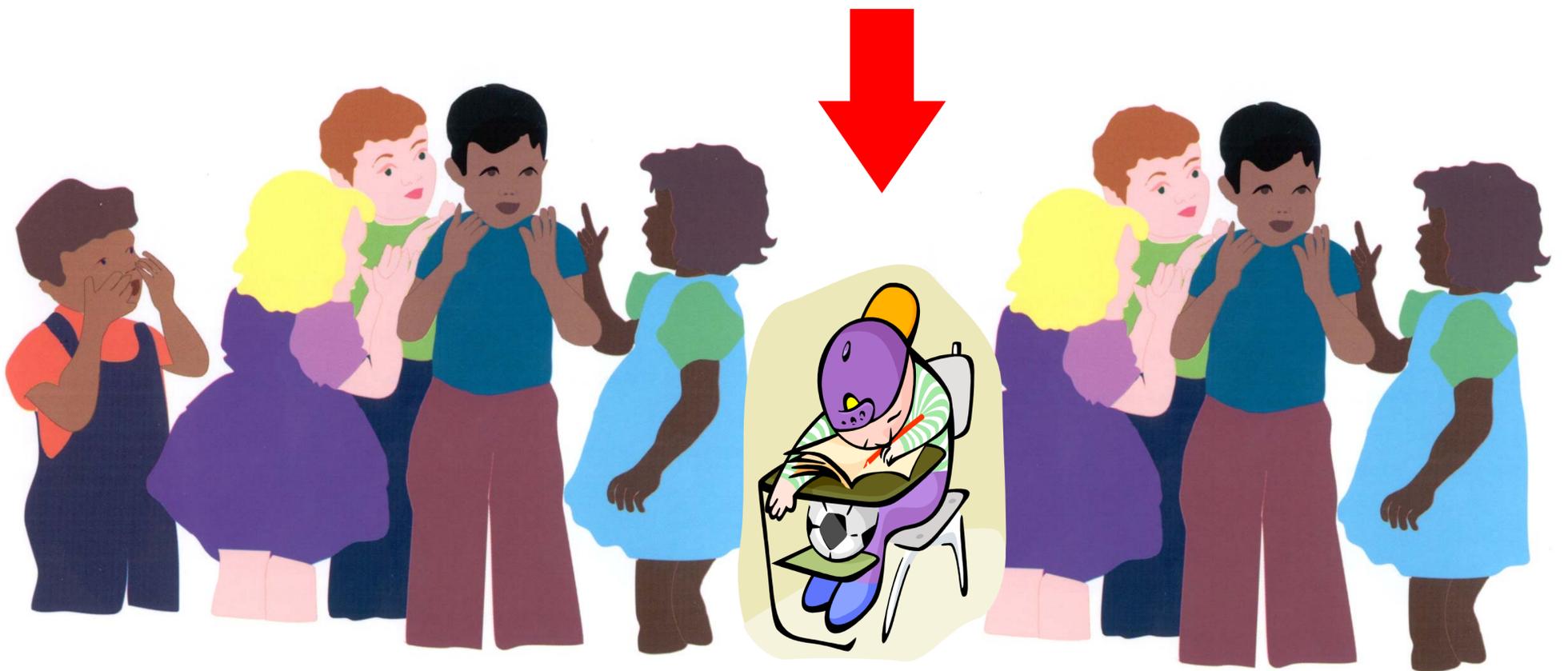
- ◆ Eat more foods with iron for strong blood
- ◆ Eat iron helpers (meats and vitamin C foods) with iron rich foods
- ◆ Cook in cast iron pans
- ◆ Offer cereals fortified with at least 45% Daily Value (DV) iron
- ◆ Don't offer your child too much milk or juice - this can cut a child's appetite for iron rich foods



Nutrition Facts			
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Sugars 2g			
Other Carbohydrate 23g			
Protein 2g			
Vitamin A	15%	20%	
Vitamin C	25%	25%	
Iron	45%	45%	
Calcium	0%	15%	
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Be Aware: Your Child May Have Anemia



Anemia is **common** -
it affects as many as
1 out of every 10
preschoolers.