



## MY SECOND HOME PEDIATRICS

### High Iron Foods

#### Meat and Protein Group:

Beef / Pork  
Lamb / Liver  
Poultry/ Clams  
Lima Beans / Pinto Beans  
Navy Beans / Kidney Beans  
Lentils

#### Fruits and Vegetables:

Collards / Spinach  
Broccoli / Kale  
Dates / Prunes  
Raisins  
Dried Fruits  
Strawberries  
Rhubarb

#### Breads and Cereal:

Enriched Breads  
Iron Fortified Infant Cereal  
Iron Fortified Hot and Cold Cereals  
(Oatmeal, Cream of Wheat)

#### Helpful Hints:

- The iron in vegetables is absorbed better when eaten with meat, such as chili with meat sauce.
- The iron absorbed from all foods is improved when eaten with foods high in vitamin C. Some foods with both iron and vitamin C include hamburgers, coleslaw and spaghetti with tomato sauce. Other foods high in Vitamin C are oranges, lemons, grapefruit, tangerines, broccoli, collard and other greens, cantaloupe, cabbage, tomatoes, potatoes, strawberries, pineapples and kiwi fruit.
- Iron fortified infant cereal should be used until 18 months of age. This is the age group at greatest risk of iron deficiency anemia.
- Iron fortified infant cereal can also be used as a filler when making beef patties or meat loaf for small children. This adds extra iron to the meat.
- If your child's doctor prescribes iron, make sure your child takes it every day. Taking iron with fruit juice improves absorption.
- Cooking in an iron skillet also adds iron.