

# FOODS TO FIGHT IRON DEFICIENCY

**Young Children:** Babies store enough iron for the first six months of life. After six months, their iron needs increase. Breast milk and iron-fortified infant formula can supply the amount of iron not met by solids. Cow's milk and iron-fortified infant formula can supply the amount of iron not met by solids. Cow's milk is a poor source of iron. When children drink too much milk, they crowd out other foods and may develop "milk anemia". Two cups of milk per day is the recommended amount for toddlers.



## Sources of Iron

The body absorbs two to three times more iron from animal sources than from plants.



Some of the best dietary sources of iron are:

- Lean beef
- Turkey
- Chicken
- Lean pork
- Fish



Although the body absorbs less of the iron in plants, every bite counts and adding vitamin C choices such as tomatoes, oranges, lemons, limes, and grapefruit will enhance absorption. Some of the best plant sources of iron are:



- Beans, including pinto, kidney, soybeans and lentils
- Dark green leafy vegetables such as spinach
- Fortified breakfast cereals
- Enriched rice
- Whole-grain and enriched breads



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