

A pregnant woman with long brown hair, wearing a black and white striped long-sleeved shirt, is lifting a young child into the air. The child is wearing a white long-sleeved shirt, khaki cargo pants, and brown shoes. The woman's belly is bare, showing a navel. The background is a blurred green field with some orange flowers. A yellow line is drawn around the woman's head and shoulders.

**When you're a mom,
being tired isn't
an option.**

To keep up with the important things in life, get your energy from eating iron-rich foods.

Iron Gives Mom a Boost!

Iron is a mineral needed for making red blood cells that carry oxygen through the body. It helps prevent colds and flu, and keeps energy levels up.

Best Sources of Iron:

- WIC Cereals
- Meat (Beef, Chicken, Pork, Turkey, Lamb)
- Dried beans/Peas/Lentils
- Fish
- Nuts and Seeds

Good Sources of Iron:

- Baked Potato or Sweet Potato with skin
- Baked Beans
- Dried Fruit (Raisins, Apricots, Dates, Prunes)
- Tofu
- Dark, Leafy Green Vegetables, cooked (Spinach, Collard and Turnip Greens, Swiss Chard, Kale)

Fair Sources of Iron:

- Whole Grain Bread and other Enriched Bread
- Eggs
- Peanut Butter

Vitamin C helps your body use iron. Try these food combinations below:

The iron rich foods are in green and the vitamin C rich foods are in orange!

- **Omelet** with **red** and **green peppers**
- Brown rice and **beans** served with **collard greens** and **tomatoes**
- **Grilled chicken** served with **broccoli** and a **baked potato**
- **Spinach** salad topped with **strawberries**
- **WIC cereal** with a side of fruit such as **grapefruit, cantaloupe, or orange slices**
- **Tuna fish sandwich** and a side of **kiwi slices**

Cooking foods in non-coated cast iron pots and pans (heavy black ones) will add iron to your food.

Talk to your doctor to see if a multivitamin is right for you.