

# Our little super hero

Able to leap  
toy buildings  
in a single bound

Keep him that way with **IRON**

Offer iron-rich foods today for a super tomorrow.

**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**

