

Iron Information for Children

Anemia is a condition where your body lacks healthy red blood cells or is low in hemoglobin, the molecule in blood cells that carries oxygen. Iron deficiency is a common cause of anemia. An increased iron requirement is required when the body is going through changes such as growth spurts in children.

Symptoms: People with anemia may often feel tired, paleness of skin, irritability, cold, dizzy, have trouble concentrating or desire to eat peculiar substances such as ice or dirt.

Recommended Daily Iron Intake	
Age	milligrams
Birth – 6mo	0.3
7 – 12mo	11
1 – 3yr	7
4 – 8yr	10
9 – 13yr	8
14 – 18yr	11 males 15 females

Vitamin C helps our bodies absorb iron.

Vitamin C rich Foods

Fruits – citrus (oranges, grapefruits), strawberries, cantaloupe, kiwi



Veggies – broccoli, asparagus, bell peppers, cauliflower, potatoes, spinach



These Foods LOWER Iron absorption

Cheese, Milk, Fizzy drinks, caffeinated beverages, zinc supplements



Iron Rich Foods

Veggies

Spinach, okra, sweet potatoes, white potatoes, winter squash



Beans & Legumes

Dried peas, dried beans, lentils, chickpeas, tofu, soybeans



Grains

Iron-fortified whole grain breads and cereals, quinoa



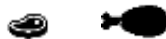
Seafood

Clams, shrimp, oysters, sardines, anchovies



Meat

Chicken, turkey, lean beef, veal, pork, lamb, liver



Others

Dark chocolate (>62% cacao), nutritional yeast, mixed seeds, almonds, molasses, Spices (basil, thyme, cumin, mint, turmeric).

Tips to increase iron intake & absorption:

- Enjoy a number of iron-rich foods from the table on the left. Aim for at least one at each meal.
- Check the nutrition label on breakfast cereals. Choose brands that have at least 30% of the Recommended Daily Value for iron.
- Add beans to soups, stews or casseroles.
- Have pasta with tomato sauce instead of cream sauce
- Add dried fruit to cereal or your favorite baked good recipe.
- Combine vitamin C-rich foods with iron-rich foods to help increase absorption.
- Avoid eating large amounts of calcium with iron-rich foods. It's ok to have milk or dairy but try to have at a different meal.
- Use a cast iron skillet for cooking.
- Add blackstrap molasses to baked goods to increase iron content.