

Iron foods for your family

Iron is needed by our bodies in small amounts to grow strong. It helps to build healthy blood and can be found naturally in many foods.

Eat a variety of foods to include iron-rich foods.

Get Iron from your WIC foods!



Eggs



Iron-fortified cereals
(Total, Cheerios, Life Cinnamon)



Canned fish



Peanut butter



Dark green leafy veggies:

- spinach
- kale
- malunggay
- kangkong
- bok choy
- pumpkin tips
- broccoli



Whole grains



Legumes (beans, peas,
& lentils)



Tofu

Iron-rich foods for your baby:

(Offer when baby starts solid foods around 6 months of age or when baby shows readiness)



Iron-fortified
infant cereal



Infant food meat
(chicken, beef, turkey)

Other good sources of iron:

- Lean red meats such as beef, pork, deer
- Chicken & turkey
- Liver
- Seafoods (salmon, tuna, shrimp, clams)
- Peas and carrots
- Sweet potatoes
- Dried fruits - raisins, prunes, dried peaches, dried apricots *(not recommended for young children due to choking hazard)*
- Enriched bread & crackers

Breastfeed your baby. Offer iron-fortified infant formula if breastfeeding is not possible or not chosen.
Talk to your child's healthcare provider whether your baby might need iron supplement.

A Special Tip:

Eat iron-rich foods with Vitamin C foods to increase your body's ability to use Iron.

Foods with Vitamin C:

- WIC 100% Vitamin C juice
- Broccoli, cauliflower, cabbage, bell peppers, tomatoes
- Oranges, kiwi, guava, papaya, melons, grapefruits, mango, strawberry, soursop, pineapple



Try these combinations of food with iron & vitamin C using your WIC foods

Sample Meals:

Breakfast

- Scrambled egg w/ spinach & diced red bell pepper
- 1 sliced whole wheat toast
- 1/2 cup (4 oz) orange juice



Lunch

- Beef shank soup w/ cabbage & bokchoy
- 1/2 cup brown rice
- Apple slices



Dinner

- Whole wheat spaghetti w/ meatballs & cheese
- Steamed broccoli, cauliflower & carrots
- Melon slices



Snack

- Iron-fortified cereal w/ cut-up fruit
- 1/2 cup (4 oz) milk



Ask WIC staff if you want to know your iron level.

For more iron information visit:
<https://wicworks.fns.usda.gov/resources/iron>

Guam WIC Program

Dededo 671 635-7471/72 | Tiyan 671 4750295/96 | Sta. Rita 671 565-3530 (M-W-F)
Inarajan 671 828-7550 (T-Th)



24 Hour Breastfeeding Hotline: 671 488-5171 Email: guamwic@dphss.guam.gov FB/IG @ GuamWICProgram