

# 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



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

#### Snack

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



For more iron information visit:

<https://wicworks.fns.usda.gov/resources/iron>

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