



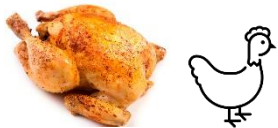













Iron Foods for Pregnancy

Iron helps give you energy. Iron helps your baby's body and brain grow.







Eat foods with iron every day. Take your prenatal vitamin daily.

<p>Animal foods with iron</p>	 <p>Wild meat (moose, elk, venison)</p>	 <p>Pork</p>
 <p>Lamb and goat</p>	 <p>Egg</p>	 <p>Chicken, turkey, goose, and duck</p>
 <p>Fish, light tuna, shellfish (cooked)</p>		 <p>Beef</p>

<p>Plant foods with iron</p>	 <p>Fortified grains and flours, hot or cold cereal</p>	 <p>Chickpeas, beans, and lentils</p>		
 <p>Nuts (pistachio, almond, cashew) and nut butters (almond, peanut)</p>		 <p>Seeds (pumpkin, chia, sesame) and seed butters (tahini)</p>		
 <p>Peas</p>	 <p>Spinach (cooked)</p>	 <p>Edamame (soybeans)</p>	 <p>Dried fruit</p>	 <p>Tofu</p>









Vitamin C and Iron

Vitamin C can help you get the most iron out of your foods. Use canned, fresh, or frozen foods.

					
Peppers	Apples	Tomatoes and tomato sauce	Broccoli	Lemons and oranges	Berries

Ways to include iron at meals and snacks:

Iron foods are **bolded**. Eat foods high in vitamin C with your high iron foods.

			
H ummus with lemon and pita	B ean and l entil soup with peppers	T una sandwich with vegetables	M oose meat stew with potatoes
			
Curry with g oat, c hickpeas, or l entils and tomatoes	P ork congee with bok choy on the side	Stir-fry with t ofu or m eat and broccoli	C old cereal with berries

What happens if I think I have low iron?

If you think you have low iron, talk to your healthcare team. Your healthcare team can check your iron levels with a blood test.

My plan:



To learn more, visit the *Healthy Parents Healthy Children* website (healthyparentshealthychildren.ca)

If you have questions about iron, call 811. Ask to talk to a dietitian.