

# Help Children Learn and Grow



## Choose foods for IRON!



### HOW MUCH IRON DO CHILDREN NEED EACH DAY?

Children 1-3 years old need 7 mg of iron per day

Children 4-8 years old need 10 mg of iron per day



**Potato with Skin**  
1 small =  
1.5 mg of iron



**Cereals (fortified)**  
1 serving =  
8-18 mg of iron



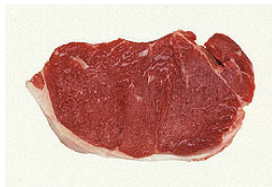
**Cook in an iron skillet**



**Whole Grain & Enriched Bread**  
1 slice =  
1 mg of iron



**Tuna (canned)**  
3 ounces =  
1.3 mg of iron



**Beef**  
3 ounces =  
2.0 mg of iron



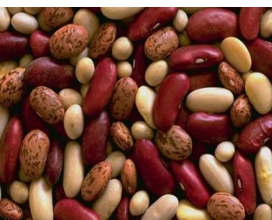
**Chicken**  
3 ounces =  
1 mg of iron



**Dark Green Leafy Vegetables**  
1/4 cup cooked =  
1 mg of iron



**Raisins, Prunes, Dried Apricots**  
1/2 cup =  
1.3 mg of iron



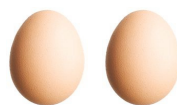
**Beans & Peas**  
1/2 cup =  
2-4 mg of iron



**Black Strap Molasses**  
1 tbsp. =  
3.5 mg of iron



**Peanut Butter**  
2 tbsp. =  
0.5 mg of iron



**Eggs**  
1 large egg =  
0.9 mg of iron



**Enriched Flour Tortilla**  
1 med tortilla =  
1.5 mg of iron

**These foods contain Vitamin C, which helps your body to absorb some types of iron!**



**Oranges or 100% Orange Juice**

**Strawberries**



**Broccoli**



**Tomatoes**



**Grapefruit**



**Cantaloupe**



# Food Sources of Iron

Food	Iron (mg)
Beef, Liver, braised (3 ounces)	5.5
Lean Sirloin, broiled (3 ounces)	2.9
Lean (90%) Ground Beef, broiled (3 ounces)	2.3
Salmon, canned, no bones (3 ounces)	1.6
Tuna light, canned, drained (3 ounces)	1.3
Chicken, roasted dark meat, skinless (3 ounces)	1.1
Chicken, roasted breast, skinless (3 ounces)	0.9
Pork, loin, roasted (3 ounces)	0.85
Fortified Breakfast Cereal* (1 cup)	8.0-18.0
Soybeans, cooked (1/2 cup)	4.4
Blackstrap Molasses (1 Tbsp)	3.5
Lentils (1/2 cup)	3.3
Bran (1/2 cup)	3.1
Pumpkin Seeds, dried ** (1/4 cup)	2.9
Red Kidney Beans, cooked (1/2 cup)	2.6
Beans, baked, canned with franks (1/2 cup)	2.2
Apricots, dried (1/2 cup)	1.7
Prune Juice (1/2 cup)	1.5
Raisins, seedless** (1/2 cup)	1.4
Broccoli, cooked (1 cup)	1.3
Pretzels (1 ounce)	1.2
White Rice, enriched, cooked (1/2 cup)	1.1
Prunes, dried (5)	1.0
Egg, whole raw (1)	0.9
Whole-wheat Bread (1 slice)	0.8
White Bread, made with enriched flour (1 slice)	0.7
Peanut Butter, chunky (2 tbsp)	0.6
Green beans, cooked (1/2 cup)	0.4
Zucchini, cooked (1/2 cup)	0.3
Cranberry Juice (3/4 cup)	0.2
Unenriched Rice, cooked (1/2 cup)	0.2
Grapes (1/3 cup)	0.1

\* Iron content varies

\*\* Choking hazard for children under the age of 4



Adapted from Shasta County CHDP  
7-11

**Alameda County Public Health Department**

**C ♦ H ♦ D ♦ P**

**Child Health & Disability Prevention Program**

**1000 San Leandro Blvd, 2nd Floor**

**San Leandro, CA 94577**

**For more information call 510-618-2070**

