

Iron

Mom and baby both need iron for healthy blood – from healthy foods, and a supplement too.

Why?

- *Iron is important for healthy blood. It is also needed for baby's brain to develop properly.*
- *Mom needs to get enough iron so the baby can grow properly and store iron for after he or she is born.*
- *Babies without enough iron may have more illnesses and problems learning.*

How?

- *Eat foods rich in iron, such as:*
 - *wholegrain and enriched breads and cereals,*
 - *cooked or canned dried beans, peas and lentils,*
 - *dried fruits (raisins, prunes, apricots),*
 - *dark leafy greens (dandelion greens and spinach),*
 - *store-bought or wild red meat, eggs, birds.*
- *To help your body use iron from non-animal sources, eat foods high in vitamin C, such as:*
 - *oranges or real orange juice,*
 - *apple juice (with vitamin C added),*
 - *berries, melon,*
 - *potatoes, cabbage family, peppers,*
 - *tomatoes and tomato juice.*
- *Take a low-dose supplement of iron (30mg) in the 2nd and 3rd trimesters.*

If you are taking a prenatal vitamin-mineral supplement that contains iron, you don't need an extra iron supplement unless it's recommended by your doctor, nurse or dietitian.