










IRON...HOW TO KEEP YOUR BODY WORKING AT ITS' BEST



**The following ideas will help you to improve
iron levels in your blood before, during
and after pregnancy.**

OTHER TIPS:

-  Choose breakfast cereals with added iron. Have a good source of vitamin C at the same time, such as fruit or juice.
-  Thicken soups with brown barley.
-  Add blackstrap molasses to homemade beans or baking.
-  Sprinkle raisins, currants, dried apricots, nuts, and seeds on cereals. Add them to your favorite desserts.
-  Use dried peas, beans, and lentils in soups, casseroles, chili or salads.
-  Iron enriched infant cereal or wheat germ can be added to baked goods, pancake mixes, or hot cereals.
-  Cooking with cast iron pots and pans can add iron to your diet.
-  Read nutrition labels on packaged foods for iron content. Choose products that provide a high iron content per serving.
-  Special care is needed to eat iron rich foods if you are vegetarian.

HOW MUCH IRON DO WOMEN NEED?

How much iron you need depends upon your age or whether you are pregnant, breast feeding or postmenopausal:

	Iron needs per day:
14 to 18 years of age	15 mg.
19 to 50 years of age	18 mg.
51 years of age and over	8 mg.
If you are pregnant	27 mg.
If you are breast feeding	9 to 10 mg.
If you are postmenopausal	8 mg.

Certain medical conditions may require that you take more or less than these amounts. To meet extra iron needs during pregnancy, special multivitamin and mineral supplements are often suggested. Consult with your doctor.