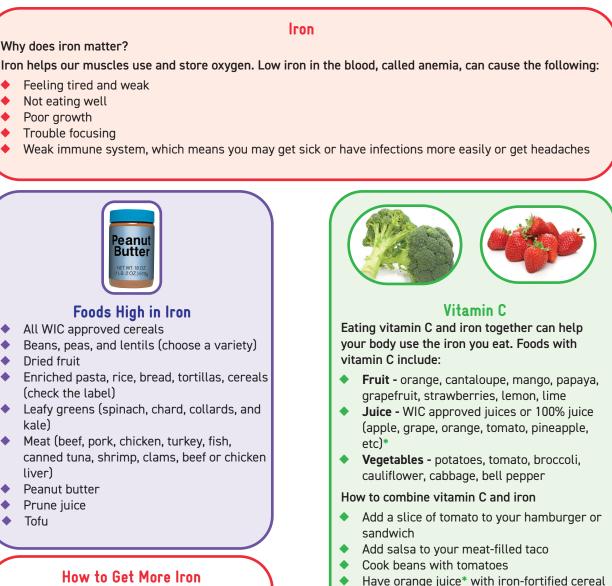
# How to Increase Your Iron Intake

Iron is an important mineral that helps your blood stay healthy by carrying oxygen throughout the body. Too little iron can cause iron-deficiency anemia. Iron-deficiency anemia develops when you don't have enough healthy red blood cells to give your body the oxygen it needs.



#### Cook food in cast iron skillets, pots, or pans.

 Soak dry beans in cold water for several hours before cooking. Drain and cook them in clean water.

#### \*WIC recommends limiting juice to 4 ounces daily for toddlers 1 to 3 years old, and 4 to 6 ounces daily for children 4 to 6 years old.

#### Dairy

Calcium makes it harder for your body to use iron. Dairy products are the most common food with calcium. Avoid eating a lot of dairy with your high-iron foods.

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Drinking too much milk can fill up your child so they won't eat iron-rich foods, which may cause anemia. Visit <u>myplate</u> to find out how much dairy you need per day.

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# **Iron-Rich Food Recipes**

Learn to cook iron-rich meals with WIC foods using these great <u>recipes</u>!







# Hummus

#### Ingredients

1-15 oz. can low-sodium
garbanzo beans, drained and
rinsed
¼ cup water
¼ cup olive oil
2 tablespoons tahini (optional)
Juice of half a lemon (about 2
tablespoons)
2 fresh garlic cloves
¼ teaspoon black pepper and
salt, to taste

### Directions

- 1. Combine all ingredients in blender and process.
- 2. Stop blender periodically and stir down sides.
- 3. Process until smooth.
- 4. Store in a container with a lid for up to five days.
- 5. Serve with bread, crackers, or sliced veggies

# Black bean salsa with tortilla chips

#### Ingredients

8 corn tortillas 1-15 oz. can black beans 1-15 oz. can corn

- <sup>1</sup>/<sub>2</sub> cup tomato, chopped
- <sup>1</sup>/<sub>2</sub> cup cilantro, chopped
- ½ cup red onion, diced
- ⅓ cup lime juice
- 3 tablespoons vegetable oil
- 1 tablespoon cumin
- Salt and pepper, to taste

# Directions

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- 1. Preheat oven to 400 degrees.
- Cut each tortilla into 8 pieces and put on a baking pan in a single layer.
- 3. Bake 8-12 minutes, until golden brown. Let cool.
- 4. Chop all salsa ingredients and combine.
- 5. Enjoy with cooled tortilla chips.

# Spinach and fruit smoothie

## Ingredients

- 2 cups spinach
- 1 cup orange juice
- 1 cup water
- 2 oranges
- 2 bananas
- 1 cup frozen strawberries

# Directions

- 1. Add liquids and spinach to blender.
- 2. Blend together until combined.
- 3. Add remaining fruits.
- 4. Blend until smooth. Makes 2 servings.
- 5. Enjoy!

## We hope you enjoy making these new recipes with your family!

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