MICRONUTRIENT OF THE MONTH: IRON

Iron is a key nutrient during every stage of life, especially during pregnancy, infancy, and childhood. It is essential for brain development and growth. Iron aids in the production of hemoglobin and myoglobin. Hemoglobin carries oxygen from your blood to your lungs and the rest of your body. Myoglobin carries oxygen to your muscles!

You can increase by your iron intake by eating:

- Eggs
- Red meats
- Peanut butter
- Dar k leafy greens
- Tofu

Did you know that vitamin C helps your body absorb iron? Take vitamin C with an iron supplement or with an iron-enriched meal to enhance absorption.

WIC IDAHO

Adapted from wicworks.fns.usda.gov