- Choose a variety of foods from each of the groups in MyPlate.
- Eat foods high in iron each day.
- Add a vitamin C food to each meal.
- Try snacks that have iron such as raisins, nuts or iron-fortified cereals.
- Look for labels that say enriched or iron-fortified. This means iron has been added to the foods.

Everyone needs iron each day, but these people need more than others:
- Babies
- Preschoolers and toddlers
- Teenage girls
- Women (especially women who are pregnant)
- Mothers who had a baby within the past three months

These people need more iron because they are growing, developing or healing. Generally, the iron needs of these people can be met by eating a variety of foods from MyPlate. For your specific iron needs, check with your doctor, nurse or dietitian.
Do you need iron?
Iron carries oxygen in your blood to all your body’s cells so they can do their work.

If you do not have enough iron in your blood, you may:
- be more likely to get colds and the flu
- feel weak, tired and cranky
- have pale or dry skin
- be short of breath
- have loss of appetite

Children who don’t get enough iron may also have trouble learning.

The best way to have enough iron in your blood is to eat foods that are high in iron.

How do you get enough iron from the foods you eat?

1. Enjoy eating a variety of vegetables, fruits and grains along with beef, pork, chicken, turkey and fish.
   - The iron in beef, pork, chicken, turkey and fish is better used by your body.
   - These meats also help the body use more iron from the vegetables, fruits and grains you eat.

2. Add foods high in vitamin C.
   - Vitamin C helps your body use iron better.
   - Eat foods that contain vitamin C with foods that are high in iron.

A note for people who don’t eat meat:
Your body can get enough iron when you eat dried beans, fruits, vegetables and grains with foods high in vitamin C.

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