

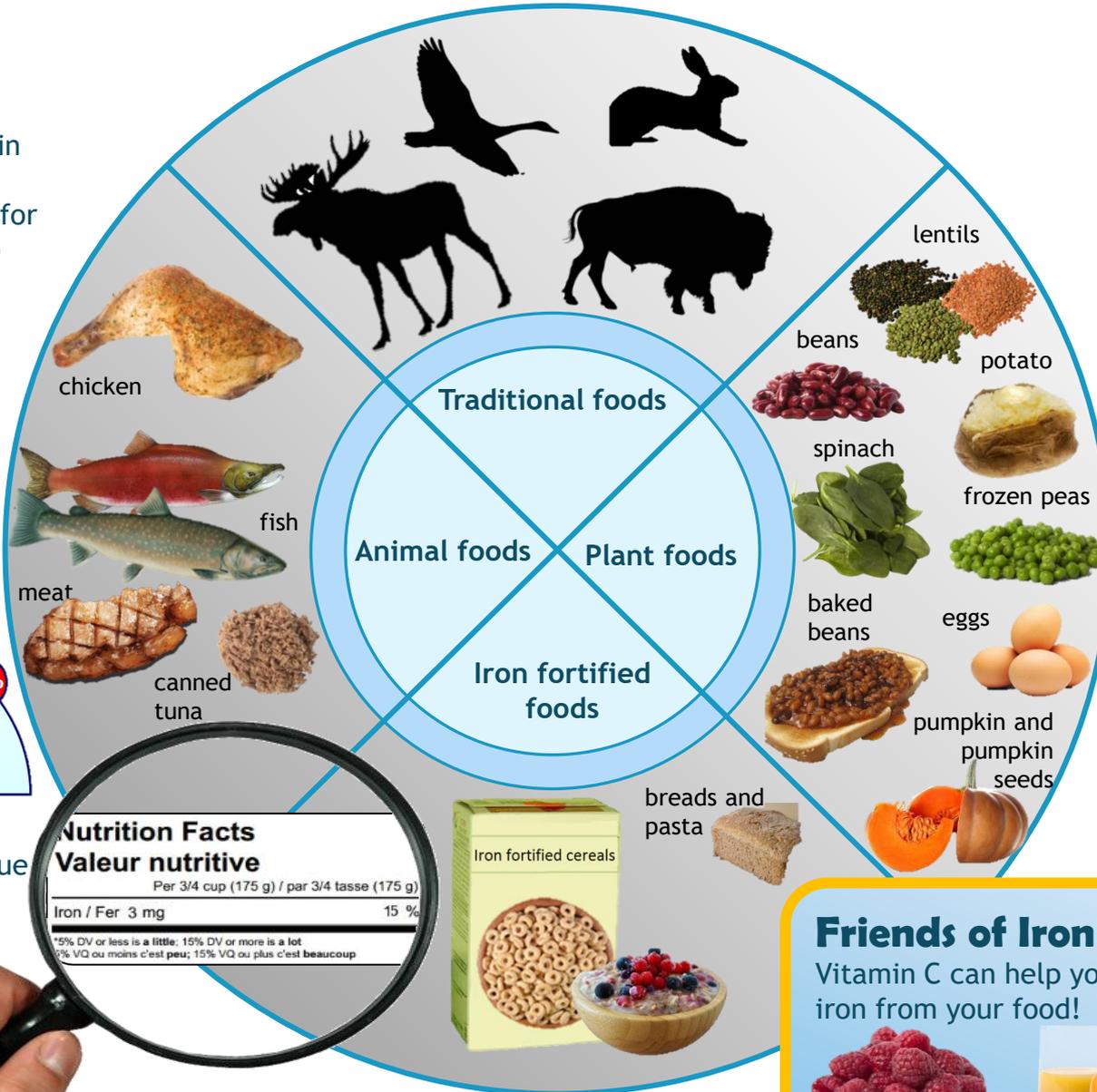
# Foods with Iron

## Heme Iron

Heme iron is found in meats, fish and chicken and is easy for your body to absorb

## Non-Heme Iron

Non-heme iron is found in eggs and many plant foods. Your body absorbs less of the iron from these foods.



## Nutrition Facts

Look at the % daily value to find out how much iron is in your food.

Nutrition Facts	
Valeur nutritive	
Per 3/4 cup (175 g) / par 3/4 tasse (175 g)	
Iron / Fer 3 mg	15 %
<small>*5% DV or less is a little; 15% DV or more is a lot *5% VQ ou moins c'est peu; 15% VQ ou plus c'est beaucoup</small>	

## Friends of Iron!

Vitamin C can help your body absorb more iron from your food!



# Low iron in pregnancy

Iron is found in almost every cell in your body including cells in your blood. When you are pregnant you need extra iron to help your baby grow!

## What happens if my iron is low?

You	Baby
<ul style="list-style-type: none"><li>• Tired and weak</li><li>• Extra grumpy or cranky</li><li>• Pale skin</li><li>• Out of breath after light exercise</li><li>• Racing heart with light exercise</li><li>• Early labour</li><li>• Illness</li></ul>	<ul style="list-style-type: none"><li>• Low birth weight</li><li>• May harm brain development and behaviours</li><li>• Increased risk for getting heart disease and diabetes later on in life</li></ul> 

You may be at risk of having low iron if you:



have heavy periods



have a short time between births



forget to take your prenatal vitamins

All women who are pregnant should take a prenatal vitamin. Your prenatal vitamin should have **at between 16-27mg of iron.**

Try to take **1 tablet every day** while you are pregnant. If you find it hard to take your prenatal vitamins try these tips:



Take with meal or snack



Take right before bed



If your iron is very low your doctor may prescribe extra iron

