

Why does WIC do a hemoglobin check?

WIC checks hemoglobin (he-ma-glow-bin) levels. This is where most of the body's iron is found.

If the test is low, it could mean that you and your child have low iron. It could be low for other reasons too.

Talk to your doctor if the test result is low.

WIC SCREENING RESULTS

Hemoglobin: _____

Screening Method: (circle one)

Finger stick / *Non-invasive*

Date: _____

NOTES:



1-800-242-4942 | www.mdwic.org

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 /MARYLANDWIC

This institution is an equal opportunity provider.

N-64/1121

IRON

AN ESSENTIAL MINERAL FOR LIFE

WHY IS IRON ESSENTIAL?



Why does my family need iron?

Iron builds strong blood for a healthy body. It helps you:

- Grow
- Learn
- Heal
- Fight Germs
- Work
- Play

Getting too little iron can make you feel tired and weak. Your child might grow and learn more slowly. If you are pregnant, your baby may be born too soon.

How can my baby get enough iron?

- Feed breast milk or formula until 1 year of age. Do not give other milk during that time.
- At 6 months of age, start infant cereal, plain meats, plain fruits, and plain vegetables.
- If your baby uses a bottle, wean to a cup by age 1.

How can my family get enough iron?

Offer foods rich in iron:

- Meat, chicken, turkey, fish, shellfish, beans
- Enriched or whole grain cereal, bread, tortillas, rice, and other grains
- Dark leafy vegetables, like kale or collard greens
- Dried fruits, like raisins

Offer foods rich in vitamin C with meals and snacks. They help your body use iron from other foods.

- Oranges, grapefruit, papayas, mangoes
- Cantaloupe, watermelon
- Strawberries, raspberries, blueberries
- Broccoli, cauliflower, cabbage, bok choy
- Green and red peppers, chiles
- Tomatoes
- Orange juice, grapefruit juice, or other 100% fruit or vegetable juice with added vitamin C

Did you know...?

Drinking too much milk can lead to low iron.

- Limit your child's milk to 16 ounces a day.
- Offer water if your child is still thirsty.
- Offer more food rich in iron if your child is still hungry.

If you are pregnant, ask your doctor about a prenatal vitamin with iron.

- If your doctor says to take iron pills or drops, keep them in a safe place. Too much iron can poison a child.

Drinking tea with meals and snacks can lead to low iron.

- Adults should not drink tea (hot or cold) with meals.
- Do not let your child drink tea.

