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## What is anemia?

Anemia means that the number of red blood cells in your child's body is below normal. Iron is needed for your child's body to produce red blood cells. Your child needs to eat more foods high in iron.

## Great Pairing Ideas!

The body uses iron from meats, fish and poultry more efficiently than the iron from grains, vegetables, dried fruit and egg yolks. The good news is Vitamin C helps the body use the iron from plant based foods better. Try pairing orange juice or berries with iron rich cereal or cooked eggs. Another great pairing is a peanut butter sandwich with a tangerine or orange. Foods that you serve your child can definitely make a difference.

## What are the best foods for iron?

Make sure your child eats plenty of foods rich in iron. Meats, fish, and poultry have the most iron. Other foods high in iron are:

- Raisins
- Sweet potatoes
- Lima beans
- Kidney beans
- Pinto beans
- Green peas
- Peanut butter
- Enriched cereals and breads

**Be Aware!** – An excess milk in your child's diet can interfere with iron absorption. Framingham Pediatrics recommends 3-4 servings of dairy daily.

Adapted from:

B.D. Schmitt, MD, author of "Your Child's Health," Bantam Books.

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