



Nutrition News



What is Anemia?

What is Iron ?

- ★ Iron is a mineral needed for healthy blood and to promote good health.
- ★ Everyone needs it.

Why do We Need Iron?

- ★ We need iron to help prevent Iron Deficiency Anemia.

What is Iron Deficiency Anemia?

- ★ It is caused by having too little iron in your blood.
- ★ You can be anemic and not even know it.
- ★ You may feel extra tired and more run down.
- ★ A child with anemia may have a harder time learning and concentrating.

How Can You Get Enough Iron?

- ★ Every day eat foods that have iron in them like meats, beans, dried fruit, fortified cereal, nuts and seeds, also peanut butter.
- ★ If you are pregnant, you should take prenatal vitamins that contain extra iron.
- ★ Coffee and tea can prevent your body from absorbing the iron in foods or pills.
- ★ Foods with **Vitamin C** can help our body absorb iron. Choose fruits and veggies with high iron content like oranges, broccoli, strawberries, cabbage, greens and tomatoes or grapefruit.



Easy Black Bean and Salsa Soup

This is a rich, tasty, filling and low fat soup.

2 cans black beans (you can prepare them yourself, ask your WIC staff about a recipe)

1 cup salsa

2 cups chicken broth

1 tsp. cumin or chile powder

5 tbsp. sour cream

Drain the beans. Blend half of the beans and the rest of the ingredients, except sour cream, in a blender.

Heat blended soup and remaining beans on stove or in microwave.

Add a tbsp. of sour cream on top of each serving of soup.

Serve with a large, green salad for a complete and nutritious meal.

Serves 5.



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Questions? Ask Your WIC Staff

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