

Kid Recipe - High in Iron

Ingredients

- 1 bag frozen mixed vegetables (look for broccoli, cauliflower, peas and carrots)
- 2 ts Vegetable oil
- 1 tb All-purpose flour
- 3/4 c Skim milk
- 1/4 c Chicken broth; reduced
- 3/4 c Shredded cheddar cheese;
- 1/8 ts black pepper

Instructions

1. Preheat oven to 400 degrees F. Place mixed vegetables in a 2-quart baking dish; set aside.
2. To prepare the sauce, in a small sauce pan, heat oil over medium heat. Add flour; cook, stirring constantly, for 1 minute.
3. Gradually whisk in milk and broth. Bring to a boil and cook, whisking frequently, for 3 minutes. Remove from heat. Stir in 1/2 cup of cheddar and the pepper.
4. Pour sauce over vegetables; stir until coated. Sprinkle remaining cheddar over top. Bake until cheese is bubbling, about 5 minutes. Serve immediately.



Eat right and exercise.

Enjoy Better Health Through Iron-Rich Foods

Minerals, such as iron, are essential to good health. A lack of iron is one of the most common nutritional deficiencies among women and children. It can cause fatigue, headaches, and frequent infections. For school-age children, an iron deficiency - also known as anemia - can also make learning more difficult.

Shop smart. Stay Healthy.

There are easy and delicious ways to add more iron to your family's diet. Check the packaging labels at the supermarket to determine which foods are good sources of iron. Many breads, cereals, grains, and pastas are fortified with this mineral. Other excellent sources include a variety of fresh fruits and vegetables, as well as meat, fish, and beans. Eating iron-rich foods along with foods that provide vitamin C (oranges, for example) enables a body to better absorb iron.

So shop smart, eat well, and stay healthy!

Next Appointment

Contact

Enjoy Better Health Through Iron-Rich Foods

and help prevent anemia — the most common nutritional deficiency among women and children.





Shop smart. Stay strong.

Packaging labels today offer a wealth of nutritional information. With a little practice, you can become adept at selecting those foods that will give you and your family important nutritional advantages. Take a look at the label here from a package of macaroni and cheese. If you were looking for ways to increase the iron in your family's diet, would this be a smart choice?

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 Cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

Check the serving size. They are standardized to make it easier to compare similar foods

Quick Guide to % DV
5% or less is low
20% or more is High

Limit these nutrients

Get plenty of these nutrients. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily Values may be higher or lower depending on your calorie needs.

Why iron is important

Minerals, such as iron, are essential to good health. Not having enough iron can cause fatigue, headaches, paleness, and frequent infections. For school-age kids, a lack of iron can also make it much harder to learn.



Eat cereals that are fortified with iron.

Excellent sources of iron

The produce section of your local supermarket is an excellent source of iron-rich foods - everything from leafy-green vegetables to vine-ripened fruits. For even more iron, include a visit to the meat department or swing by the aisle of enriched breads and pastas. And here's an extra tip: Eating iron-rich foods along with foods that provide plenty of Vitamin C enables a body to better absorb the iron.

Many iron-rich foods make great snacks, as well as delicious side dishes and entrées. Eating healthy can be yummy!



Iron and vitamin C together offer one of the best lines of defense against anemia.



Eat iron-rich foods every day.

Eat a good source of vitamin C.