

Anemia in children.



Effects of low iron in children:

- Slow or delayed growth and development
- Lack of energy, difficulty catching a breath
- Weaker immune system



What can cause anemia?

- Nutrition deficiency
- Excessive amounts of milk (Children only need 16oz of milk daily)
- Inherited diseases (fanconi anemia, thalassemia, Sickle cell anemia)
- Bleeding

How to prevent anemia/low iron (hemoglobin)

- Increase iron rich foods in the diet
- Combine iron foods with foods high in vitamin C
- Iron supplement

Foods high in iron



- Beef, Pork, Venison
- Hamburger
- Chicken & Turkey
- Peanut Butter
- Beans
- Fish & Salmon
- Tuna Fish
- WIC Cereals
- Spinach
- Kale
- Dried Fruits

Foods Vitamin C

- Broccoli
- Cauliflower
- Cabbage
- Bell Peppers
- Oranges
- Grapefruit
- Kiwi
- Strawberries
- Melons
- Mango
- Papaya

