

Iron Deficiency Anemia

Iron deficiency anemia means there is not enough iron in your blood. When you are anemic, you may get tired easily and not feel like eating. You may have been anemic before pregnancy or become anemic in the second or third trimester of pregnancy. During pregnancy, because your body must make many more red blood cells to carry oxygen to the baby, your body needs iron rich foods in order to make these cells. Here is a list of foods rich in iron.

FOODS RICH IN IRON

Choose foods from this group to eat every day:

Meat

- All meats
- Turkey
- Liver
- Giblets
- Chicken
- Kidney

Vegetables

- Greens
- Broccoli
- All leafy green vegetables
- Dried peas and beans

Dried Fruit

- Dried apricots
- Dried peaches
- Prunes
- Raisins

Other Foods

- Egg yolks
- Molasses
- Enriched Cereals
- Peanut butter
- Enriched macaroni
- Enriched noodles

FOODS HIGH IN VITAMIN C

Eat some of these foods every day.

Foods high in Vitamin C may help your body use iron. Some of these foods are:

- Grapefruit
- Oranges
- Strawberries
- Tomatoes
- Juices with vitamin C
- Cantaloupe
- Bell peppers
- Broccoli
- Raw cabbage

IRON MEDICINE

Your nurse or doctor may want you to take iron pills. It is important you take these every day the number of times ordered on the bottle.

Take your iron pills with fruit juice (apple is best) or water, NOT with milk, tea or coffee. The fruit juice has Vitamin C which will help your body absorb and use the iron. Milk, coffee, or tea will stop the iron from being absorbed, so during these at other times during the day.

After the medicine has been given for a few days, your stool (bowel movement) will look black. This is expected. It does not mean there is anything wrong. What it means is your blood is getting enough iron. The iron that is not needed is going out in the bowel movement.

- *Do not take 2 together*
- *Take them 20-30 minutes before eating.*
- *Do not take with Calcium supplements.*
- *If you get indigestion, try eating dry crackers*