



Am I Getting Enough Iron From Foods?

Everyone in your family needs iron from foods to grow, to feel good, and to be healthy. Throughout the day try to include foods with iron in meals and snacks. Also include high Vitamin C foods to help your body use more of the iron it gets from foods.

Iron can be found in meats, beans, WIC cereal, fish, broccoli, spinach, and dried fruit. Vitamin C can be found in WIC juice, strawberries, melons, mango, oranges, tomatoes, bell peppers, broccoli, and kiwi.

Here are two sample one day meal plans for children that include enough iron for the day:

Sample Menu for a 1-year old:

Breakfast

1/2 scrambled egg
1/2 slice whole grain toast
2 ounces WIC juice

Afternoon Snack

1 slice cheese
2 crackers
water

Morning Snack

1/2 cup WIC cereal
1/4 cup chopped mango
4 ounces whole milk

Dinner

2 tablespoons chopped chicken
1/4 cup applesauce
4 ounces whole milk

Lunch

2 tablespoons mashed black beans
1/4 cup brown rice
1/4 cup cooked, chopped carrots
4 ounces whole milk

Evening Snack

1/2 graham cracker
4 ounces whole milk

Sample Menu for a 4-year old:

Breakfast

1 scrambled egg
1 slice lowfat cheese
1 slice whole grain bread
4 ounces WIC juice

Afternoon Snack

1/2 cup pear slices
2 graham cracker squares
4 ounces nonfat or 1% milk

Morning Snack

1/2 cup lowfat vanilla yogurt
1/4 cup strawberries
4 ounces water

Dinner

1 cup chili with beans
1/2 cup squash
1 corn tortilla
4 ounces nonfat or 1% milk

Lunch

Tuna sandwich:
1/4 cup tuna salad
2 slices whole grain bread
lettuce
6 baby carrots
water

Evening Snack

1 oatmeal raisin cookie
4 ounces nonfat or 1% milk

Cooking in a Cast Iron Pan

Cooking in a cast iron pan can add small amounts of iron to your food. Cook scrambled eggs, chili, or tomato sauce in a cast iron pan.

A 10-inch cast iron skillet can be purchased for around \$15. When cleaned and stored the right way, a cast iron pan can last a lifetime.





Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Open House with Free Health Screenings

In celebration of public health week, the Frederick County Health Department is hosting an Open House. This will give residents a chance to get to know about the services the health department has to offer. At the event, there will be a chance to enter to win door prizes!

Free screenings will be offered for:

- Blood pressure checks
- HIV testing
- Narcan training and distribution
- Dental screenings for kids
- Child car seat check

Wednesday, April 4th, 2017

5 pm to 7 pm

350 Montevue Lane

Frederick MD 21702



Breast Pumps

Are you thinking about breastfeeding your baby but need to pump milk? Talk to your insurance company to find out if they will cover the cost of a breast pump.

The steps for getting a pump are different for each type of insurance. If you have medical assistance, every insurance company has a newborn coordinator to offer support and guidance about your insurance, including information about getting a pump.

WIC is also here to support breastfeeding. Let us know how we can help you, 301-600-5092.



Celebrate National Nutrition Month[®] this March and Go Further with Food! This year's theme is a helpful reminder about the role healthy food plays in your body. Healthful foods such as whole grains, lean protein, fruits, vegetables and low-fat dairy can give

you the energy and nutrients you need to feel good. Eating breakfast has been shown to improve your health, and the foods you choose for breakfast can make a difference too. Starting your day with carbohydrates and protein may help you have more energy, be in a better mood, and help you manage your weight. Carbohydrates act as your body's fuel, while protein can help build and repair your muscles, make you feel fuller for longer, and improve your blood sugar control. Good food sources of carbohydrates include fruits and vegetables, beans, whole grains and dairy products. Protein can be added to breakfast through milk, yogurt, eggs, nuts, tofu, beans, or meat. Are you short on time in the mornings? Try a slice of whole wheat toast with peanut butter and a glass of milk, yogurt topped with nuts, or a hard boiled-egg and a piece of fruit. Whether your breakfast is a sit-down meal, or grab-and-go style, the foods you choose can make your body go further.

Maryland WIC

Better Nutrition Brighter Future

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Larry Hogan, Governor
Boyd Rutherford, Lt. Governor
Van Mitchell, Secretary, DHMH

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