




2. Iron

MODULE 5

Iron is necessary to build red blood cells. During pregnancy you need more iron to allow your baby to develop good reserves of iron which will last him or her for the first four to six months of life.

The following table contains easy tricks to add more Iron to your diet.

EASY TRICKS TO ADD IRON	
	<ul style="list-style-type: none">• Add dried fruit, like apricots, dates, and raisins to your snacks.• Add dried fruit to cereals, applesauce, salads, muffins, sweet breads, and cookies.
	<ul style="list-style-type: none">• Mix prune juice with other juices to improve its taste. Prune juice is a good source of iron.
	<ul style="list-style-type: none">• Add dried peas, beans, and lentils - homemade or canned - to your meals because they are good sources of iron. Dishes like baked beans, chili con carne, split pea soup and lentil soup are delicious, popular, and good sources of iron.• If you make homemade soup, try adding a can of kidney beans or chickpeas for extra iron.



- Switch from white bread to whole grain bread.
- Add oatmeal to meat loafes and meatballs.
- Use brain flakes in recipes that call for corn flakes.



- Add wheat germ to meat loafes, hamburgers, muffins, breads, and cookies.
- Top your salads and cereals with wheat germ.
- Wheat gem can be used as a crunchy topping on casseroles and fruit crisps.



- Wait at least one hour after meals before having coffee or tea. When you drkink coffee or tea, the body has more difficult time using the iron.

Vitamin C helps your body to use the iron in vegetables, fruits, grain products, and legumes. **Eat foods rich in Vitamin C at the same time as iron-rich foods.**

The main sources of Vitamin C are:

- oranges, grapefruits and their juices
- tomatoes and tomato juice
- cabbage, cauliflower, and broccoli.

