Dietary Improvements to Prevent Anemia

» Include meat, chicken, or fish with every meal
» Always include vegetables and fruit with every meal

Types of Iron
There are two types of iron in food:

1 **Heme Iron** is found in animal meats such as beef, pork, poultry, and fish.

2 **Non-Heme Iron** comes from foods like fermented soy products (chou doufu, miso, tempeh, soy sauce), vegetables, and beans.

How Much Iron Do Kids Need?
Children need iron every day to stay healthy. Depending on age, children should eat different amounts of iron each day:

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Daily Intake</th>
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</thead>
<tbody>
<tr>
<td>4 - 8 years</td>
<td>10 mg</td>
</tr>
<tr>
<td>9 - 13 years</td>
<td>8 mg</td>
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</tbody>
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Absorption of Iron
Heme iron is 2 to 3 times more easily absorbed than non-heme iron. Vitamin C, common in fruits and vegetables, increases the absorption of non-heme iron. Adding even small amounts of meat, fish, or chicken to a meal will also increase non-heme iron absorption.

In order to prevent anemia, remember that consuming.....

![Balance of meats, vegetables, and fruits is key to success.](image)