Avoid Eating Junk Food!

- Many of kids’ favorite snacks have NO iron and very little other nutrients.
- The more they eat these foods, the less healthy foods with iron they will want to eat.
- To improve iron-deficiency and general health, encourage kids to avoid these foods.

These snacks might taste good, but they are bad for you!

Be aware that milk and eggs are not good sources of iron. More milk and eggs do NOT prevent anemia.