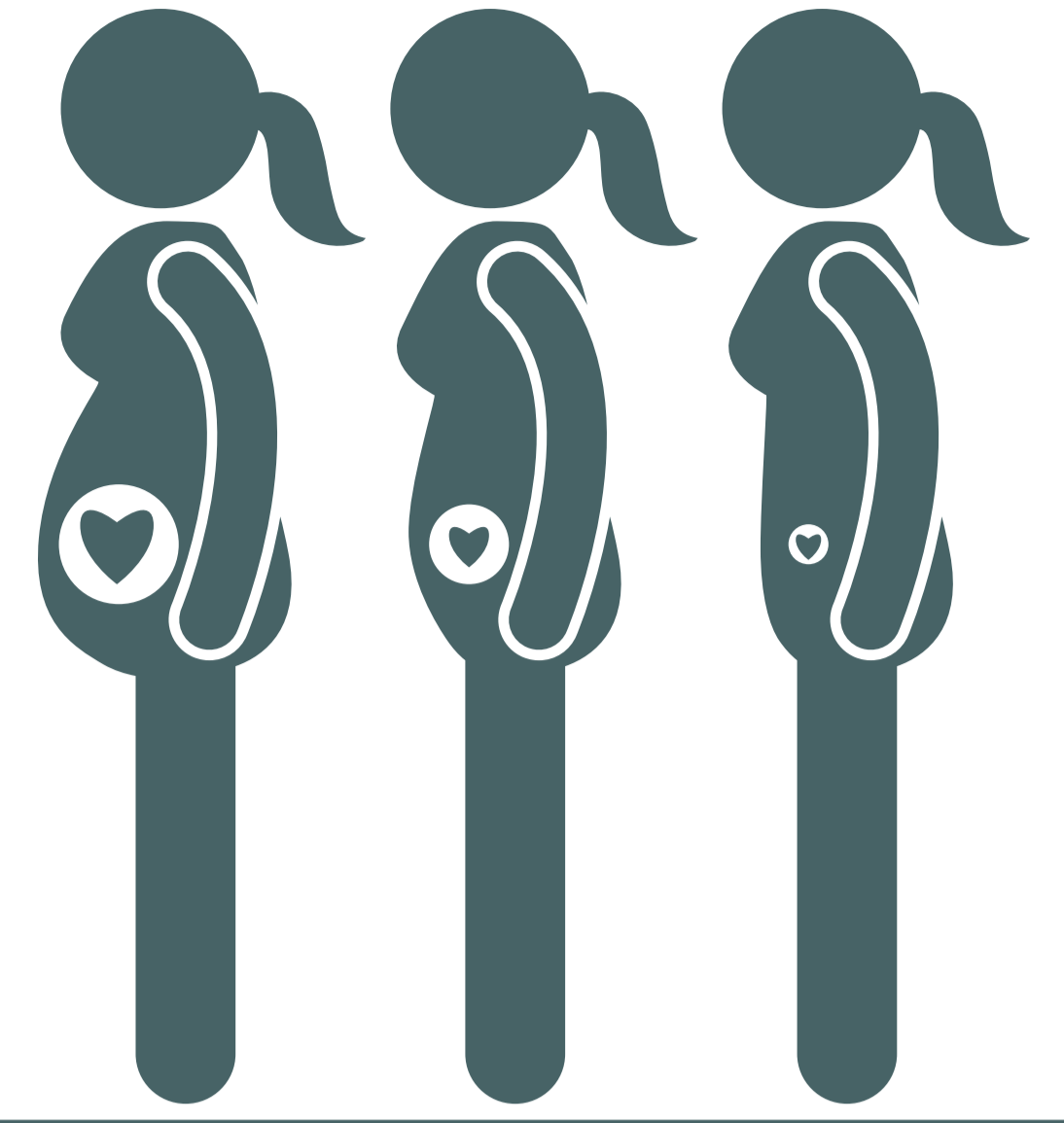


All you need to know about

Iron

In Pregnancy

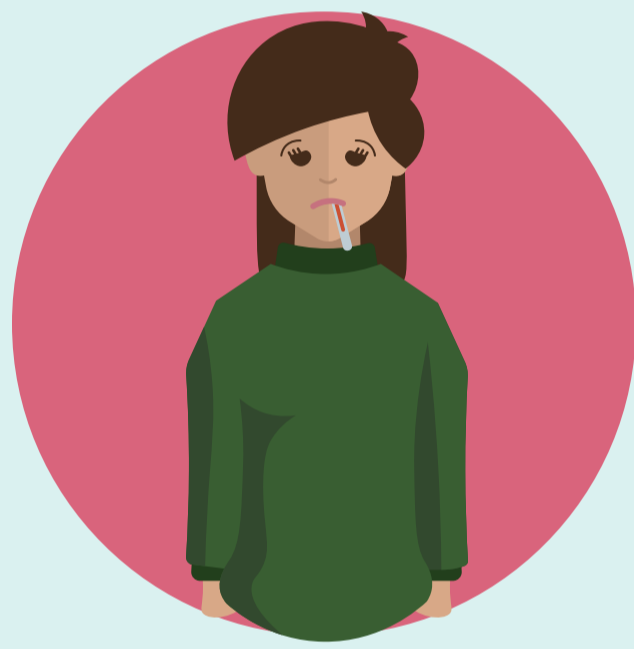


Iron is a nutrient that is important for healthy blood. During pregnancy, you need more iron because the amount of blood in your body increases.

By eating foods high in iron, you will also help your developing baby store enough iron to last until they are 6 months old.

What happens if I don't get enough iron?

Having low amounts of iron in your body during pregnancy is called iron deficiency. Iron deficiency may increase the risk of having a premature delivery or a baby with a low birth weight. If you have the symptoms below, contact your health care professional.



Signs of possible iron deficiency

feeling tired
weakness
pale skin
more infections



What foods have iron?

Sources of iron with the best absorption



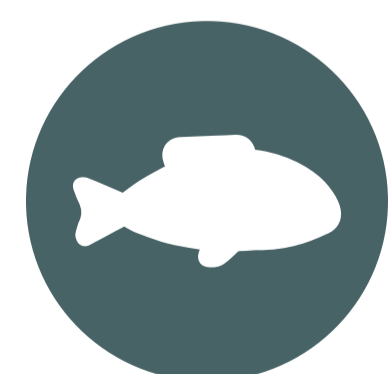
Beef

Pork



Chicken

Turkey



Fish

Lamb

Other sources of iron



Eggs

Lentils



Dried or canned beans

Nuts and seeds

Tofu



Peanut butter

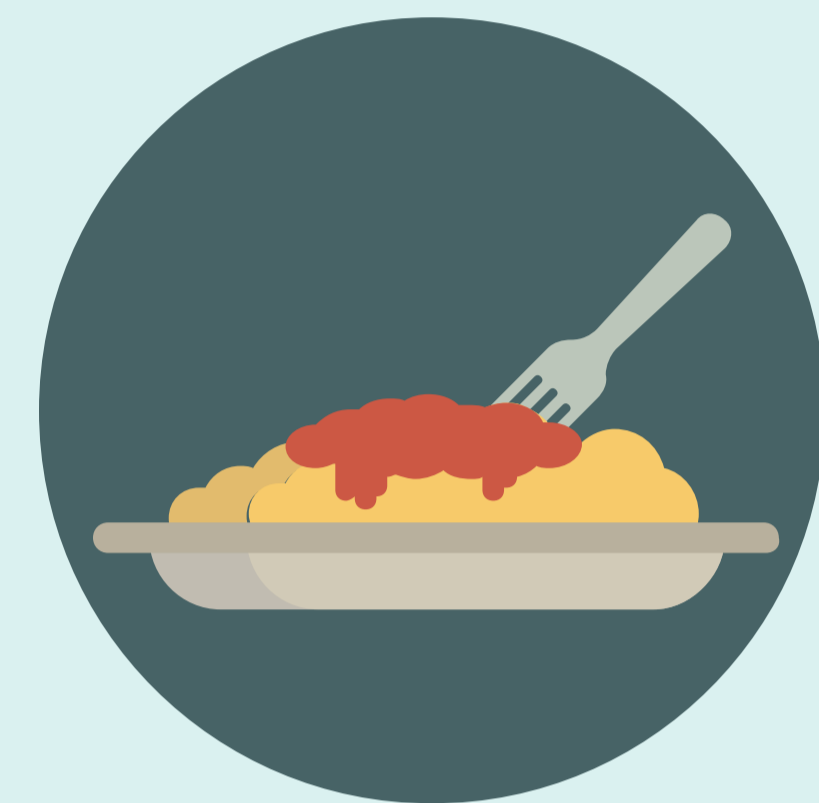
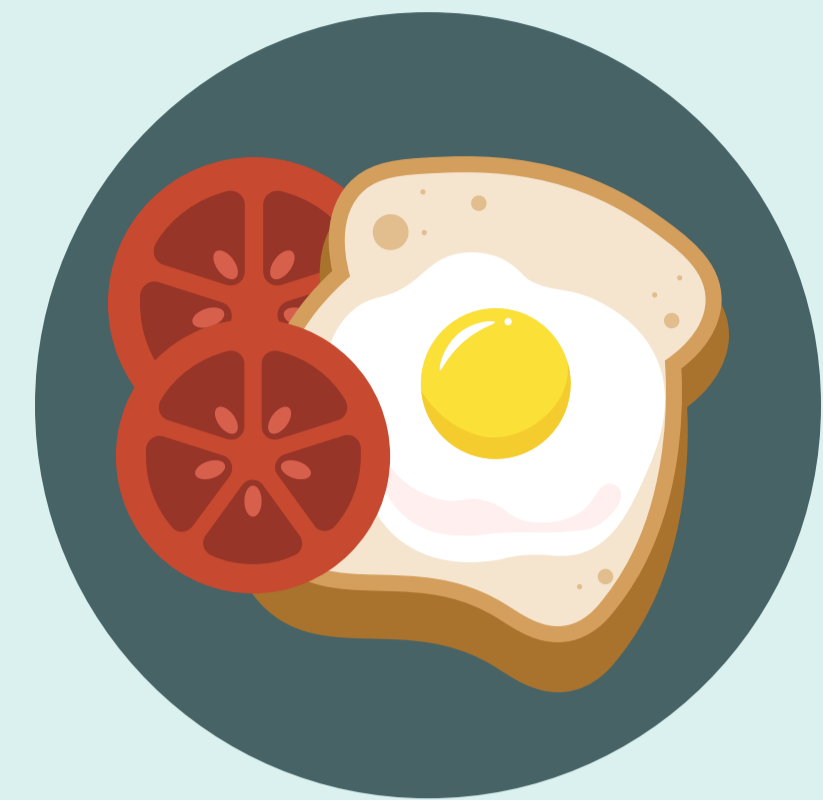
Pasta, bread, cereals

Did you know? Vitamin C increases iron absorption by 4 times. Try eating foods with vitamin C like oranges, tomatoes, sweet potatoes and peppers to help your body better absorb iron.

High iron meal and snack ideas

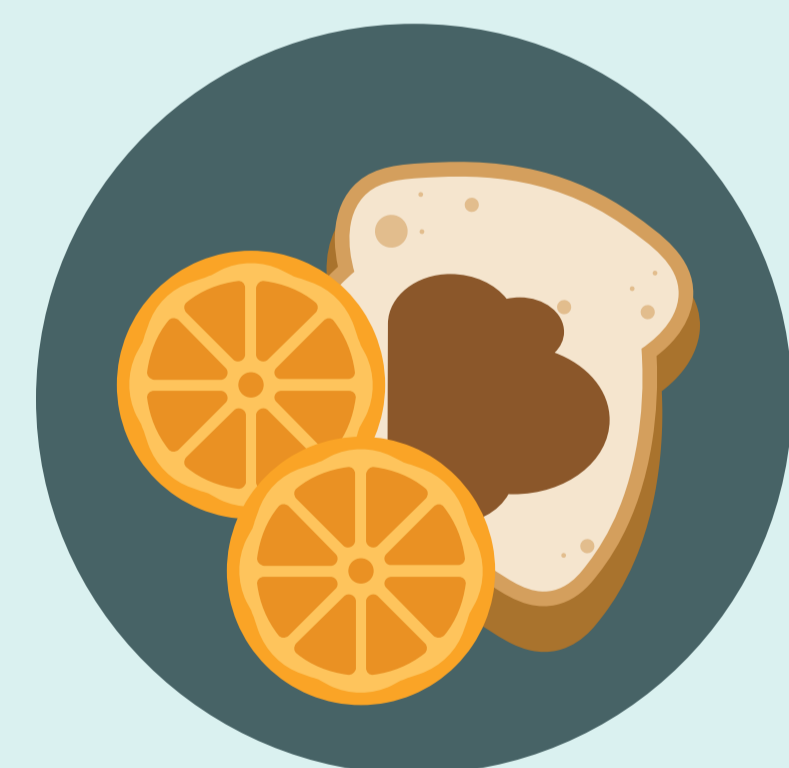
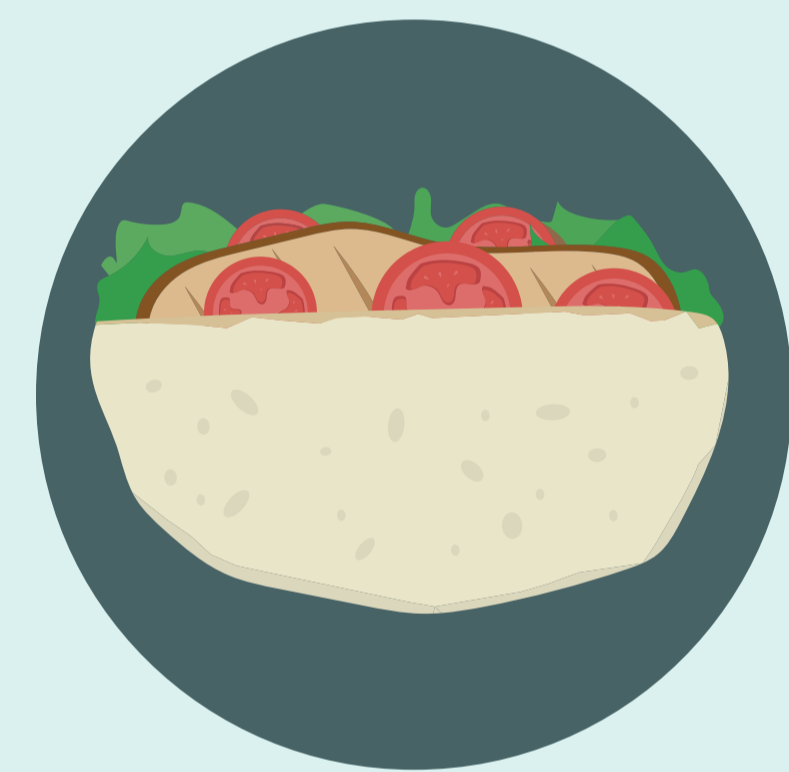
Meal ideas

- Cereal with strawberries or dried cranberries
- Cream of wheat with raisins
- Scrambled eggs with diced tomatoes and toast
- Macaroni and cheese with tuna
- Burrito with kidney beans and salsa
- Tomato bean soup
- Chili with ground meat and red kidney beans
- Spaghetti with meat sauce
- Chicken and broccoli stir-fry
- Tuna or egg sandwich



Snack ideas

- Peanut butter on whole wheat toast with an orange
- Hard-boiled egg or salmon on a whole wheat bagel
- Tuna and tomatoes on a cracker
- Turkey sandwich with tomato slices
- Dried apricots or raisins
- Hummus on whole wheat pita bread
- A handful of peanuts, walnuts, almonds, pistachios, pumpkin seeds, or sunflower seeds



Did you know? Drinking coffee and tea lowers the amount of iron your body absorbs. Wait one hour after eating an iron-rich meal to have coffee or tea.

Healthy Start for Mom & Me, Winnipeg Manitoba

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References: Health Canada (2009). Prenatal Nutrition Guidelines for Health Professionals: Iron; Health Canada (2016). Iron and pregnancy. Retrieved from <https://www.canada.ca/en/public-health/services/pregnancy/iron-pregnancy.html>; EatRight Ontario (2017). How to get more iron. Retrieved from <http://www.eatrightontario.ca/en/Articles/Vitamins-and-Minerals/How-To-Get-More-Iron.aspx#.VuCecJMrKR>.

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