

Choosing iron-smart foods with WIC benefits*, SNAP, and at food pantries

Heme iron foods (easily absorbed)		Non-heme iron foods (good iron sources, but less is absorbed) Absorption can improve if you eat these with Vitamin C foods			
*food amounts/food availability on benefits depends on if you are pregnant, postpartum, breastfeeding, and age of child					
Protein food: canned fish	Any brand Packed in water or oil	 chunk light tuna	 sardines – bones or not	 canned salmon	
Protein food: canned chicken	Not available on WIC Easy shelf-stable item Often in food pantries	   			
Protein food: eggs	Whole dozen, any size Brown or white Least expensive brand				
Protein food: beans and lentils	Any brand packaged or canned	 16 oz package beans, lentils, peas		 15-16 oz canned beans, lentils, peas	
Grains: iron-fortified cereal	Amounts of iron and sugar in cereal are determined by FDA Have whole grains	 Dry cereal: corn or bran flakes		 instant or regular hot cereal	
Vegetables: Dark, leafy green vegetables	Best options are: Fresh Frozen No added fat, oil, salt	 spinach	 broccoli	 kale	
Vitamin C foods: Fruits and Vegetables	Fresh Frozen Canned (in water/juice) No added sugar, fat, salt	 Vitamin C choice 1: citrus fruits	 Vitamin C choice 2: tomatoes	 Vitamin C choice 3: peppers	 Vitamin C choice 4: berries
Try these: non-heme iron food and Vitamin C food combinations		eggs, spinach, tomatoes	oatmeal, berries	beans, peppers, tomatoes	iron-cereal, orange juice