

Why you need to eat food with iron!

Your body makes more blood when you are pregnant because you and your baby are growing. Your body needs iron to make healthy blood.

Iron is in haemoglobin. Haemoglobin is in the red blood cells which carry oxygen to baby.



Check your blood for iron

A simple blood test will check for anaemia. This should be done often during pregnancy.

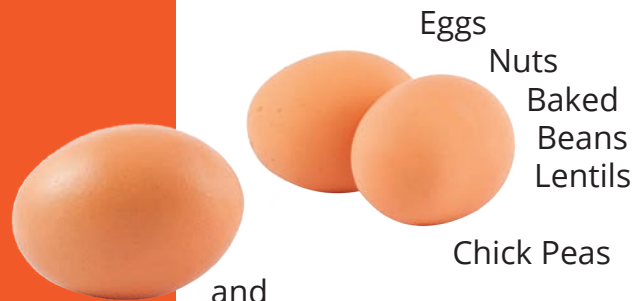
If your blood is low the Doctor will give you Iron Tablets.

Take them according to what the Doctor tells you or according to the instructions on the bottle.

FoodS with Iron

Shop FoodS

Tinned fish like Tuna and Sardines



Eggs
Nuts
Baked Beans
Lentils
Chick Peas

and
Kidney Beans
Dried Fruit

- Apricots
- Figs
- Sultanas
- Prunes

Grainy Bread
Breakfast cereal which has vitamins and minerals such as Weetbix

Green leafy vegetables

- Beans
- Peas
- Brussel Sprouts
- Cabbage
- Broccoli
- Spinach

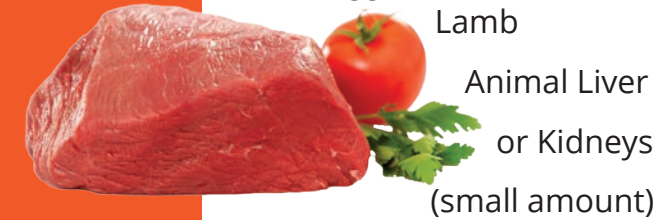


Best foodS with Iron

MeatS

Red meat such as:

Beef
Lamb



Animal Liver
or Kidneys
(small amount)

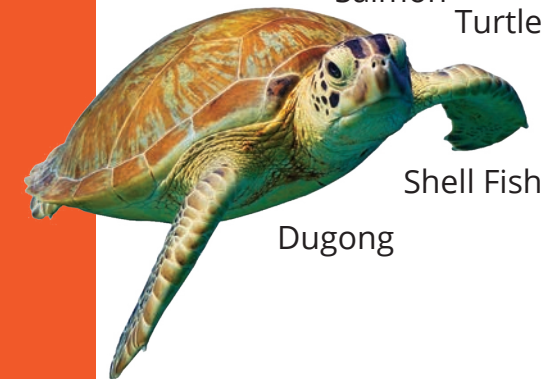
Chicken Thighs or Legs

SeafoodS

Oysters

Tuna
Salmon

Turtle



Shell Fish

Dugong

BuSh FoodS

Barney

Goanna

Kangaroo

Duck

Blue Tongue



When your iron is Low you

- Look Pale
- Feel tired a lot
- Have poor concentration
- Have increased risk of infection

Treatment may include

- Iron Tablets or Iron drips at the hospital.
- Vitamin C as it makes iron absorb better.

IMPORTANT INFORMATION TO KNOW

- Very low iron levels will affect your babies growth.
- Some Iron Tablets can make you blocked up (constipated) and have dark coloured faeces/poo.
- Drink lots of water while taking iron tablets.
- To help your body, eat food with iron, have foods high in vitamin C, like fruits such as Oranges, Lemons, Mandarins, Berries, Kiwi Fruit, Tomatoes, Cabbage, Capsicum and Broccoli.

Come and talk
with our friendly
Staff



Low Iron
in Blood

Anaemia
In
Pregnancy

