

Illinois WIC Talk

Iron

Cover Page

Topic

- Participants will learn ways to incorporate the most iron into their family's meals.

Target Audience

- All categories concerned with low iron levels

Key Messages

- Iron is an important nutrient for supporting growth and development
- There are a variety of food sources high in iron
- Combining vitamin C foods with iron-rich foods helps your body absorb more

Handouts / Materials

- DHS Iron Handout
- Food sheets – high iron foods, high vitamin C foods
- Flip chart or dry erase board

References & Presenter Resources

- National Institute of Health Office of Dietary Supplements
- California WIC Program, California Department of Public Health
- The American Dietetic Association's Complete Food & Nutrition Guide (1998)

Evaluation

- What is one thing you learned today that will help you to get more iron in your diet?
- What is one way you will add iron rich foods to your family's meals?

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Topic Overview

The following summarizes open ended questions used during the group session that follows. These can be also used during Individual Education to facilitate the discussion around this topic. Offer handouts listed on the cover page.

OPEN:

Which of the following do you think will bring the most benefits to you?

Option 1: Herbal supplements

Option 2: Dark vegetables and dried fruits

Option 3: Energy drinks

Option 4: Prenatal Vitamin

Option 5: Meats and beans

Answer: Options 2 & 5

Why do you think you think these foods are important?

DIG:

- **Why do you need iron?** (*briefly explain importance*)

Give participants Food Sheet with high iron foods. Ask them to circle foods that they already eat or offer to their family.

- **What are your questions about these iron rich foods?**
- **Which of these foods have you bought with your WIC coupons?**
- **How do you like to eat or prepare one of these foods?**

Give participants Food Sheet with high vitamin C foods. Ask them to circle foods that they already eat or offer to their family. Have participants look at both food sheets.

- **What have you heard about vitamin C and Iron foods paired together?**
- **What foods would you pair together to make a meal or snack?**

CONNECT:

Pass out DHS Iron handout. Review the section "How can I increase the Iron in my blood?"

What other ways can you increase the iron in your blood?

ACT:

- **Let's pretend to make a salad with high iron foods, what would you include?** (*Use DHS Iron handout as a guide*)
- **Do you think you would make this recipe at home?**
- **Would your children enjoy it and would it be easy to prepare?**
- **What step will you take next to include more iron rich foods into your meals?**

Evaluation:

- What is one thing you learned today that will help you to get more iron in your diet?
- What is one way you will add iron rich foods to your family's meals?

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1) Group Education

Methods

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

Introduce yourself, credentials, and briefly introduce the topic

- State how long the session will be (should be less than 30 minutes)

Encourage learners to introduce themselves and share their goal from their last visit (goal for healthy eating for themselves or their children).

Which of the following do you think will bring the most benefits to you?

Option 1: Herbal supplements

Option 2: Dark vegetables and dried fruits

Option 3: Energy drinks

Option 4: Prenatal Vitamin

Option 5: Meats and beans

Answer: Options 2 & 5

* Prenatal vitamins can be good source of nutrients, but food is always best.

(Tip: write the question and options on a flip chart or dry erase board before the session begins.)

Why do you think these foods are important?

“Today we are going to talk about the importance of iron and ways to incorporate iron into your family’s meals. Pregnant women have much higher needs and are at a much greater risk for developing anemia. Toddlers and children can often have low levels of iron as they transition from breast milk (or formula) to table foods, if they drink too much cow’s milk, and during rapid growth.”

DIG: During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

Why do you need Iron?

Sample Response

- Carries oxygen through your body
- Supports growth
- Gives you energy

Pregnancy	Childhood
Premature delivery	Difficult learning
Low birth weight baby	Behavior problems
Postpartum depression	Poor appetite
Long term learning delays as a child	Tiredness

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Activity 1

“Please take a food sheet Good Foods You Already Eat” (pass out one with high iron foods). ***Circle foods that you either have eaten or made for your family in the last week.*** Give them a few minutes to work on this.

What are your questions?

“All the foods you have circled are rich in iron. Eating a few of these foods everyday will prevent the symptoms you listed for iron deficiency or anemia. If you like, write “Iron” on the top of your food sheets, as a reminder of what these foods provide.”

What are your questions about these iron rich foods?

Which of these foods have you bought with your WIC coupons?

Would anyone like to share one way you like to eat or prepare one of these foods?

Activity 2

“Please take a second food sheet with “Good Foods You Already Eat” (pass out one with high Vitamin C foods). ***Circle foods that you either have eaten or offered to your family in the last week.*** Give them a few minutes to work on this.

What are your questions?

“All the foods you have circled are rich in Vitamin C. Vitamin C helps your body use the iron that you eat. It’s best to pair Vitamin C foods with foods high in iron. If you like, write “Vitamin C” on the top of your food sheets, as a reminder of what these foods provide.”

“Please look at both of your food sheets, iron and vitamin C rich foods.”

What foods would you pair together to make a meal or snack?

Encourage participants to share their ideas.

CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

Pass out DHS Iron handout. Review the section “How can I increase the Iron in my blood?”

What other ways can you increase the Iron in your blood?

Summarize key points shared throughout the discussion. Tie key messages with learners’ responses.

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ACT: During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

Let’s pretend to make a salad with high iron foods, what would you include?

(Use DHS Iron handout as a guide)

Sample Responses:

- Spinach and other dark green lettuce
- Beans (red kidney, chick peas, black eye peas, black beans)
- Tuna or salmon (canned)
- Tofu
- Pumpkin or sunflower seeds
- Raisins, prunes or dried apricots
- Hard boiled eggs

Tip: Write recipes on flipchart or dry erase board.

- **Do you think you would make this recipe at home?**
- **Would your children enjoy it and would it be easy to prepare?**

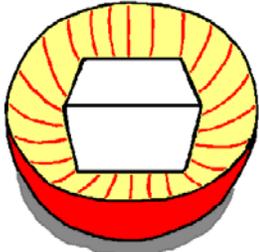
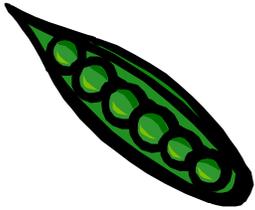
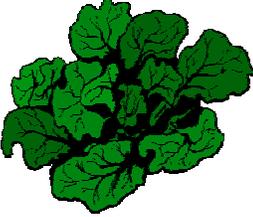
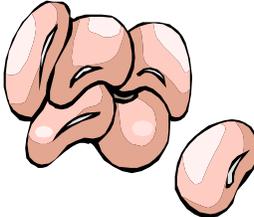
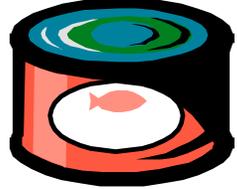
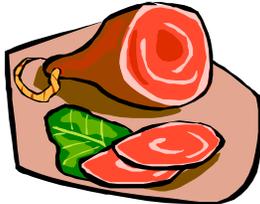
- **What step will you take to include more iron rich foods into your meals?**

Evaluation:

- “What is one thing you learned today that will help you to get more iron in your diet?”
- What is one way you will add iron rich foods to your family’s meals?

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Iron
Good Foods You Already Eat

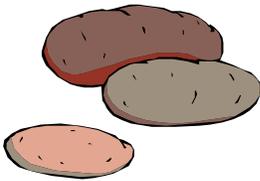
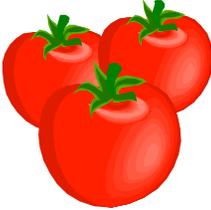
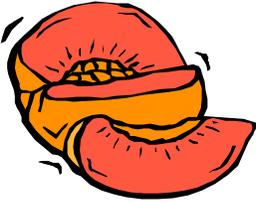
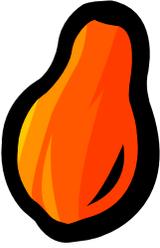
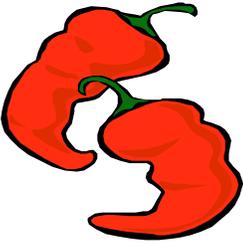
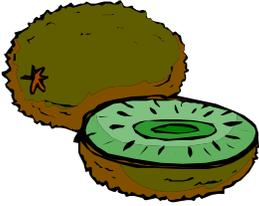
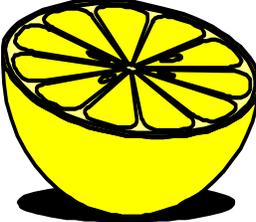
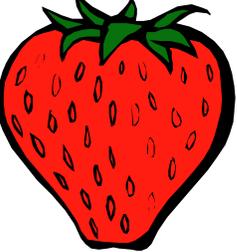
These foods are rich in: _____

Beef 	Tofu 	WIC Cereal 	Peas 
Dried Fruit 	Chicken 	Pretzels 	Turkey 
Nuts / Seeds 	Spinach 	Beans 	Tuna 
Whole Weat Bread 	Oatmeal 	Fish 	Pork 

Handout modified from: Sacramento County Department of Health and Human Services WIC Program 2003

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More Good Foods You Already Eat

These foods are rich in: _____

<p>Potato</p> 	<p>Tomato</p> 	<p>Cantaloupe</p> 	<p>WIC Juices</p> 
<p>Papaya</p> 	<p>Chile Pepper</p> 	<p>Bell Pepper</p> 	<p>Kiwi</p> 
<p>Orange Juice</p> 	<p>Cabbage</p> 	<p>Grapefruit</p> 	<p>Mango</p> 
<p>Strawberries</p> 	<p>Orange</p> 	<p>Broccoli</p> 	<p>Cauliflower</p> 

Handout developed by: Sacramento County Department of Health and Human Services WIC Program 2003

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2) Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

- Offer participant the DHS Iron handout listed on the Cover Page.
- Instruct participant to read the handout and then complete Activities 1, 2, and 3 on the SSM Worksheet (next page).
- Encourage participant to think of a personal goal to increase their Iron in the last section titled “What can you do to increase your Iron...”
Ask participant if she would like to talk with a CHP about the information or if she has any questions.



Illinois WIC Talk: IRON

Self-Study Module (SSM)



Name _____ Date _____

Activity 1: Why is Iron important?

Read the handout on "Iron." Iron is important as it helps carry the oxygen in your body. Check the boxes for signs of when you or your child may have low Iron:

- Feeling weak and tired
- Running and playing
- Headaches
- Feeling grumpy
- Problems thinking, focusing, or learning
- Gaining weight

Activity 2: What foods have Iron?

Look at the list of foods that have Iron, foods with an * are WIC Foods. Based on all of the Iron rich foods listed, write down 3 foods that you and/or your child like to eat:

1. _____
2. _____
3. _____

Activity 3: How does Vitamin C help me with Iron?

Vitamin C foods help our body get the iron from our food, think of it as 'Vitamin C opens the door to let the Iron in!' Of the Vitamin C foods listed below, circle the foods you or your child may have at mealtimes:

- | | | |
|---------|----------|--------------|
| Oranges | Kiwis | Strawberries |
| Peppers | Broccoli | Cantaloupe |
| Cabbage | Tomatoes | WIC Juices |

What can you do to increase your Iron before your next visit.

Check a box & complete the question on how you can increase you or your child's Iron:

- Offer Iron rich foods daily. What two Iron foods will you offer?
1. _____ 2. _____
- Offer a Vitamin C food with an Iron rich food. Which idea will you try? (circle one idea)
Ideas: Tortilla with beans & peppers or tomatoes; Oatmeal topped with strawberries;
Hamburger with tomato/spaghetti sauce; or Chicken stir fry with broccoli or cabbage.
- If you're pregnant, take your prenatal vitamin daily

Would you like to talk to a WIC Nutritionist/Nurse today? Yes No





Charlas Illinois WIC: HIERRO

Módulo de Autoestudio (SSM)



Nombre _____ Fecha _____

Actividad 1: ¿Por qué es importante el hierro?

Lea el folleto sobre el hierro "Iron". El hierro es importante, ya que ayuda a transportar oxígeno a todo el cuerpo. Marque las casillas para detectar las señales que usted o su niño pudiera estar carente de hierro:

- | | |
|--|--|
| <input type="checkbox"/> Se siente débil y cansado | <input type="checkbox"/> Se siente malhumorado |
| <input type="checkbox"/> Al correr y jugar | <input type="checkbox"/> Tiene dificultades para pensar, concentrarse o aprender |
| <input type="checkbox"/> Padece de dolores de cabeza | <input type="checkbox"/> Aumenta de peso |

Actividad 2: ¿Qué alimentos contienen hierro?

Observe la lista de alimentos que contienen hierro, los alimentos con un asterisco (*) son alimentos de WIC. Basado en la lista de todos los alimentos ricos en hierro, escriba 3 alimentos que a usted y / o su niño les gusta comer:

1. _____
2. _____
3. _____

Actividad 3: ¿Cómo me ayuda la vitamina C con el hierro?

¡Los alimentos con vitamina C ayudan a nuestro cuerpo a obtener hierro por medio de nuestro alimento, piense como si la "vitamina C abriera la puerta para que el hierro entre!" De los alimentos con vitamina C anotados abajo, circule los alimentos que a usted o su niño les gustaría comer:

- | | | |
|-----------|---------|--------------|
| Naranjas | Kiwis | Fresas |
| Pimientos | Brócoli | Melón |
| Repollo | Tomates | Jugos de WIC |

¿Qué puede hacer para aumentar su contenido de hierro antes de su próxima visita?

Marque una casilla y complete la pregunta de cómo se puede aumentar el contenido de hierro de usted o de su niño:

- Ofresca diariamente alimentos ricos en hierro. Indique dos alimentos que contienen hierro que usted ofrecerá? 1. _____ 2. _____
- Ofresca alimentos con vitamina C junto con alimentos ricos en hierro. ¿Qué idea tratará? (circule una idea)
Ideas: Tortilla con frijoles y pimientos o tomates; Avena cubierta con fresas;
Hamburguesa con tomate / salsa de espaguetis, o pollo salteado con brócoli o col.
- Si está embarazada, tome su vitamina prenatal diariamente.

¿Le gustaría hablar con un nutricionista de WIC o enfermera hoy? Sí No





IRON



Why do I need Iron?

Iron is important for making red blood cells that carry oxygen through your body. You need Iron to support growth, to replace Iron that your body uses up, and to have enough energy.

How do I know if I have low Iron in my blood?

The WIC program or your doctor will check your blood to see if your body has enough Iron. Signs of having low iron may be:

- Feeling weak and tired
- Feeling grumpy
- Headaches
- Problems thinking, focusing, or learning

How can I increase my Iron?

- Eat Iron rich foods every day
- Eat foods that have Vitamin C with your meals, this can help your body get the iron from your food
- **Vitamin C foods:**
 - oranges
 - peppers
 - cabbage
 - kiwis
 - broccoli
 - tomatoes
 - strawberries
 - cantaloupe
 - WIC juices
- Limit drinking tea, coffee, or soda at mealtime these drinks can make it hard to get the iron from your food
- If you are pregnant take your prenatal vitamin each day
- Ask your doctor if you/your child needs a vitamin or iron supplement

What foods are high in Iron?

Meat

- Liver
- Lean beef
- Turkey and Chicken
- Tuna fish, canned*
- Tuna, crab, shrimp, halibut
- Pork
- Salmon, canned with bone*

Non-Meat Foods

- Fortified breakfast cereal*
- Oatmeal/Cream of Wheat*
- Soybeans
- Beans, Peas & Lentils*
- Pumpkin seeds
- Soybean nuts
- Tofu
- Spinach*
- Raisins
- Pretzels
- Dried apricots
- Whole wheat bread*
- Egg*

Foods with the most iron are at the top of each list.

* WIC Foods

By eating foods that are high in iron and/or taking a supplement to increase your iron most people will see their iron level return to normal within several months.





HIERRO



¿Por qué necesitamos hierro?

El hierro es importante para producir los glóbulos rojos en la sangre que llevan oxígeno por todo nuestro cuerpo. Usted necesita hierro para el crecimiento, reemplazar el hierro que su cuerpo ya usó y para tener suficiente energía.

¿Cómo sé si el hierro en mi sangre es bajo?

El programa WIC o su médico ordenará exámenes de la sangre para ver si su cuerpo tiene suficiente hierro. Las señales de bajo hierro pueden ser:

- Sentirse débil y cansado
- Sentirse de mal humor
- Dolores de cabeza
- Problemas para pensar, concentrarse o aprender

¿Cómo aumento mi hierro?

- Coma alimentos ricos en hierro diariamente
- Coma alimentos que tengan Vitamina C con sus comidas, esto puede ayudar a que su cuerpo obtenga el hierro de los alimentos que come.
- **Alimentos con Vitamina C:**
 - naranjas
 - kiwis
 - fresas
 - pimientos
 - brócoli
 - melón (cantaloupe)
 - repollo
 - tomates
 - jugos de frutas del WIC
- Limite el consumo de té, café o sodas durante sus comidas. Estas bebidas dificultan la obtención de hierro de sus alimentos
- Si está embarazada tome sus vitaminas prenatales diariamente
- Pregúntele a su médico si usted o sus hijos necesitan vitaminas o suplementos de hierro.

¿Qué alimentos contienen hierro?

Carnes

- Hígado
- Carne de res magra (sin grasa)
- Pavo y Pollo
- Atún, envasado*
- Atún, cangrejo, camarones, pescado halibut
- Cerdo
- Salmón, envasado con huesos*

Otros Alimentos

- Cereales Fortificados para el desayuno*
- Avena / Crema de Trigo*
- Soya
- Frijoles o Habichuelas, Chícharos & Lentejas*
- Semillas de Calabaza
- Nueces de Soya
- Tofú
- Espinaca*
- Pasas
- Galletas Saladas (Pretzels)
- Albaricoques Secos
- Pan de trigo integral*
- Huevos*

Los primeros alimentos en cada lista tienen alto contenido de hierro.

** Alimentos WIC*

La mayoría de las personas notarán que sus niveles de hierro vuelven a lo normal dentro de varios meses cuando comen alimentos de alto contenido en hierro y / o toman suplementos para aumentar el hierro.

