

# IRON-RICH RECIPES

to protect against lead absorption

August 2022  
C. Redey & K. Manning

## NUTRITION AND LEAD POISONING

- Children with food in their stomach absorb less lead than children with an empty stomach. Make sure to provide your child with three meals and 1 to 2 snacks a day. Certain nutrients, like iron, protect your child from lead poisoning.

## SERVING TIPS

- Vitamin C helps the body absorb iron. Vitamin C is found in fruits, such as oranges, lemons, grapefruit, and strawberries. It is also found in vegetables such as bell peppers, tomatoes, broccoli, brussel sprouts, and cauliflower. Serve these foods with iron-rich foods.
- Avoid serving these iron-rich foods with milk, especially in children who are severely iron deficient. The calcium in milk stops the body from absorbing all the iron it needs.

## HOW MUCH IRON DOES MY CHILD NEED?

- Children ages 1 - 3 years need 7 mg of iron per day
- Children ages 4 - 8 years need 10 mg of iron per day



### Website:

[www.childrenshospital.org/pehc](http://www.childrenshospital.org/pehc)

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## BREAKFAST

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### Oatmeal

- 1/2 cup of **Oatmeal** (6.9 mg of iron)

**Choose your favorite nutrient-rich toppings to add:**

- Chopped **strawberries** for vitamin C (each strawberry contains 7 mg of vitamin C) (can also add other berries for more vitamin C)
- **Raisins** (1 small box contains around 0.8 mg of iron)
- 1 tbsp of **peanut butter** (a healthy source of fat and 0.3 mg of iron)

Serve with 4 oz of **orange juice** (50 – 65 mg of vitamin c) or 4 oz of **prune juice** (1.5 mg of iron)

### Scrambled eggs

- 2 **eggs**, scrambled (each egg has 0.84 mg of iron, so 2 scrambled eggs has around 1.68 mg of iron)

**Add vegetables or beans to "decorate" the eggs and add vitamin C and iron**

- **Spinach** (1 tbsp of cooked spinach contains 0.4 mg of iron)
- **Black beans** (2 tbsp of beans contains about 0.5 mg of iron)
- **Peas** (2 tbsp of cooked peas contain 0.3 mg iron)

Serve with 4oz of **orange juice** or **berries** for vitamin C (¼ cup of blueberries contains 3.6 mg of vitamin C and 1 strawberry contains 7 mg of vitamin C)

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## Iron-Fortified Cereals

- Cheerios, Special K, Corn Flakes, and Rice Krispies all contain around 12 mg of iron in 1 serving (1 ½ cups)

OR

- Baby food - fortified oatmeal cereal has 7.82 mg of iron in a dry 1/4 cup serving

Add in **berries** for a source of vitamin C and serve with 4 oz of **orange** juice (50 – 65 mg of vitamin c) or 4 oz of **prune** juice 1.5 mg of iron)

*Note: all of these cereals are WIC-approved*

## Nut Butter toast

- 1 slice of **whole wheat bread** (each slice contains around 1 mg of iron)

**Top with your favorite nut butter:**

- **Cashew** butter (1 tbsp contains 0.85 mg of iron)
- **Sunflower** seed butter (1 tbsp contains 0.7 mg of iron)
- **Almond** butter (1 tbsp contains 0.6 mg of iron)
- **Peanut** butter (1 tbsp contains 0.3 mg of iron)

**And add your favorite fruit:**

- Half a **banana** (0.25 mg of iron) or sliced **strawberries** (7 mg of Vitamin C per strawberry)

Serve with 4 oz of **orange juice** or 4 oz of **prune juice**

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## LUNCH/DINNER

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### Lentil and Veggie Soup

Makes 8 servings

#### Ingredients:

- 2 tbsp olive oil
- 1 cup onion, finely chopped
- ½ cup carrot, finely chopped
- ½ cup celery, finely chopped
- 500 g dried lentils, rinsed
- 1 cup tomato, diced
- 2 cups vegetable broth

Each serving contains **5 mg of iron**

#### Preparation:

1. Saute the onion, carrots, and celery for 5-7 minutes
2. Add the tomatoes, vegetable broth, and lentils
3. Stir, increase the heat to a boil
4. Once boiling, reduce the heat to a simmer and leave it simmering, covered, for 40 minutes

If desired, puree for a creamy result!

### Black Bean Tacos with Strawberry Salsa

#### Ingredients:

- 1 whole wheat tortilla (each tortilla contains around 1 mg of iron)
- ¼ cup black beans, mashed (1 mg of iron)

*Tip: mix the beans with 2 tbsp of cooked spinach to add 0.4 mg of iron*

#### Strawberry salsa

#### Ingredients:

- 1 pint strawberries, finely chopped
- ¼ cup cilantro, chopped
- Juice of 1 lime
- 2 tbsp red onions, chopped
- 1 garlic clove, minced
- 1 tsp maple syrup

#### Preparation:

1. Cook and mash the black beans
2. Spread the beans on a warm tortilla
3. Add avocado, lettuce, and a sprinkle of cheese if desired
4. Roll the tortilla tightly
5. Serve with homemade strawberry salsa on the taco or on the side for a boost of vitamin C

#### Preparation:

1. In a large bowl, mix together the lime juice and maple syrup
2. Stir in strawberries, red onions, cilantro, and garlic
3. Add salt to taste and enjoy!

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## Pasta

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Makes 1 serving

### Ingredients:

- 1 oz (½ cup) whole wheat pasta, cooked
- ¼ cup red lentils, cooked
- 2 tbsp peas, cooked
- 2 tbsp cooked spinach
- ¼ cup cooked broccoli (rich in **vitamin C!**)
- ¼ cup marinara sauce
- Salt and pepper
- Choice of protein:
  - 1 oz chicken, chopped (0.4 mg of iron)
  - ¼ cup tofu, cut into squares (1.7 mg of iron)

### Preparation:

1. Steam the peas, broccoli, and spinach until soft.
2. In the meantime, place a pot filled with water on the stove, bring to a boil, and cook the pasta.
3. Heat a small amount of oil in a pan and add the chicken or tofu.
4. Cover and cook the protein for 4 minutes.
5. Remove the cover, flip the protein, and cook for 3-4 more minutes uncovered.
3. Once the pasta is cooked, drain the pasta and add the marinara sauce, steamed veggies, and chicken or tofu.

*Each serving contains around **6.8 mg of iron** if made with chicken or **8.1 mg of iron** if made with tofu*

*For beginner or picky eaters, blend the marinara sauce with the veggies for a creamier sauce.*

## SNACKS

### Green Smoothie Popsicles

### Ingredients:

- ½ cup chopped kale
- ½ cup chopped spinach
- ½ small frozen banana
- ½ cup chopped kiwi
- ½ cup chopped pineapple
- 1 tsp chia seeds
- ½ cup orange juice

### Preparation:

1. Place all ingredients in a blender and blend until smooth. Add more liquid if needed to thin out the smoothie.
  2. Pour the smoothie into popsicle molds to the fill line.
  3. Place in the freezer for at least 4 hours or overnight before serving.
- Or, pour straight into cups and enjoy!

*This smoothie is a great source of **vitamin C** and **iron**!*