



Iron



This mineral helps your body:

- ★ Move oxygen to and from cells
- ★ Make new red blood cells
- ★ Make important proteins
- ★ Fight infections
- ★ Change beta carotene into vitamin A



Red Blood Cell

Some foods you can eat to get iron are:



Kidney beans



Black-eyed peas



Lima beans

Eat foods high in vitamin C to help absorb the iron.



Tulare County Office of Education

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