

# Iron Deficiency Iron Deficiency Anemia



**Cardinal Pediatrics**  
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Iron deficiency is the most common nutritional deficiency in children and can lead to iron deficiency anemia. Iron deficiency anemia (IDA) is most commonly due to not enough iron in your diet. If left untreated, children with IDA are at higher risk to have impaired neurocognitive development.

## Who gets tested?

- All infants at their 1 year well child visit.
- Anyone with risk factors for iron deficiency
  - Introduction of cow's milk, goat's milk or soy milk before 12 months of age
  - Less than two servings of/day of iron-rich foods after 6 months of age
  - Milk intake >24 oz per day
  - Fewer than three servings of iron-rich food per day
- Female adolescents with heavy menstrual cycles

## Examples of iron-rich foods

Iron fortified breads

Iron fortified cereals

Meats and eggs

Seafood

Dried fruits: raisins, apricots,  
prunes

Vegetables: greens, sweet  
potatoes, peas, spinach, broccoli,  
string beans

Beans and lentils

Soy products: tofu, soy milk

Iron is better absorbed if ingested with vitamin C. Foods rich in vitamin C include: broccoli, cantaloupe, cauliflower, kale, kiwi, orange juice, papaya, red, green or yellow pepper, sweet potato, strawberries, and tomatoes



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**Remember we are only a phone call away!**