



Michigan WIC
Nutrition Education Module for State Sharing

Before and Between Babies!

Stay Strong with Iron

Self-Directed Education for Pregnant and Post-Partum Women



Family Playing Bubbles. Courtesy of [WIC Image Gallery](#).

Special acknowledgement to the following organizations that developed this lesson:
Washtenaw County (MI) WIC Program
Michigan WIC Nutrition Education Advisory Team

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan
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This institution is an equal opportunity provider.

Before and Between Babies!

Stay Strong with Iron

Getting enough iron gives you the energy you need for a healthy pregnancy and is needed by your body every day.

Iron comes from foods such as meat, beans, dark leafy green vegetables, and fortified breads, cereals, pasta, and rice.

Also, taking a multi-vitamin with iron can help you grow a healthy baby.



Baby Face. Courtesy of [Pixabay](#).

Please select one of the following statements that best describes you:

- I am already eating iron-rich foods and taking a multi-vitamin with iron. [Turn to Page 2](#)
- I have recently tried eating more iron-rich foods and taking a multi-vitamin with iron. [Turn to Tab C](#)
- I may need to make some changes. I know I'm not eating enough iron-rich foods and I'm not sure if my multi-vitamin contains iron. [Turn to Tab D](#)
- I'm not sure if I need to make changes. I'm not taking a multi-vitamin with iron and I don't know if I'm eating enough iron-rich foods. [Turn to Tab E](#)

Great!

It is good that you are already eating iron-rich foods and taking a multi-vitamin with iron.

This may help you to have a healthy pregnancy.



Pregnant Mom. Courtesy of [Pixabay](#).

Have you been eating foods rich in iron and taking a multi-vitamin with iron *for several months*?

Yes — Turn to Tab A

No — Turn to Tab B

Insert Tab A divider

Congratulations!

It is great you have been eating foods rich in iron and taking a multi-vitamin with iron.

Please read one or more of the following articles to keep making good choices.



[de Beaumont Chaglar, Alkan.](#)



Bread Rolls. Courtesy of [Pixabay.](#)



Pasta Salad Tapas. Courtesy of [Pixabay.](#)

Download, print, and insert one of more of the Maintenance reading materials below:

“Iron Facts for Consumers”

<https://ods.od.nih.gov/pdf/factsheets/Iron-Consumer.pdf>

Readability—Grade 7.

Available in Spanish at <https://ods.od.nih.gov/pdf/factsheets/Iron-DatosEnEspanol.pdf>

“Stay Strong with Iron.”

<http://www.onlineordersff.com/images/pdfs/6706.pdf>

Readability – Grade 7

Available in Spanish at <http://www.onlineordersff.com/images/pdfs/6707.pdf>

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

**Please complete the *Client Feedback Form* provided
and return it to the appropriate WIC Staff.**

Insert Tab B divider

Great Effort!

**You should be proud that you are eating iron-rich foods
and taking a multi-vitamin with iron.**

**Please read one or more of the following articles to help you
keep making good choices.**



[Ligthelm, Rick.](#)



[Phams, Michael.](#)



Cereal Bowl. Courtesy of [odonata98/Flickr.](#)

Tab B: Action

Download, print and insert one or more of the Action reading materials below:

“Iron Facts for Consumers”

<https://ods.od.nih.gov/pdf/factsheets/Iron-Consumer.pdf>

Readability—Grade 7.

Available in Spanish at <https://ods.od.nih.gov/pdf/factsheets/Iron-DatosEnEspanol.pdf>

“Stay Strong with Iron.”

<http://www.onlineordersff.com/images/pdfs/6706.pdf>

Readability – Grade 7

Available in Spanish at <http://www.onlineordersff.com/images/pdfs/6707.pdf>

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Approval. Courtesy of [Pixabay](#).

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Insert Tab C divider

Good for you! You can do it and you're not alone.

**Many people find it challenging to eat enough iron-rich foods
and take a multi-vitamin with iron.**

Getting enough iron helps you grow a healthy baby.



Kale. Courtesy of [Pixabay](#).

Please read one or more of the following articles to help you.



Cereal Stripes. Courtesy of [Pixabay](#).



Fried Rice. Courtesy of [Pixabay](#).

Download, print and insert the Preparation reading material below:

“Choose Foods With Iron.”

<https://extension.tennessee.edu/publications/Documents/SP505-B.pdf>

Readability - Grade 9

“Iron Fact Sheet for Consumers”

<https://ods.od.nih.gov/pdf/factsheets/Iron-Consumer.pdf>

Readability – Grade 7.

Also available in Spanish at

<https://ods.od.nih.gov/pdf/factsheets/Iron-DatosEnEspanol.pdf>

Congratulations!
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Approval. Courtesy of [Pixabay](#).

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Insert Tab D divider

Wonderful!

It is good that you are considering learning about adding iron-rich foods and taking a multi-vitamin with iron.



[Segura, Daniella.](#)



Breakfast Cereal. Courtesy of [Pixabay.](#)

Please read one or more of the following articles to help you.



Spaghetti Dinner. Courtesy of [jshj/Flickr.](#)



Black Beans. Courtesy of [Pixabay.](#)

Download, print, and insert one or more of the Contemplation reading materials below:

“Choose Foods With Iron.”

<https://extension.tennessee.edu/publications/Documents/SP505-B.pdf>

Readability - Grade 9.

“Foods to Fight Iron Deficiency”

<https://www.eatright.org/health/wellness/preventing-illness/iron-deficiency>

Readability – Grade 6.

“Iron.”

<https://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4444.pdf>

Readability - Grade 10

Available in English and Spanish.

“Iron Deficiency Anemia”

<https://www.womenshealth.gov/files/documents/fact-sheet-iron-deficiency-anemia.pdf>

Readability – Grade 13

Also available in Spanish at https://espanol.womenshealth.gov/img/hhs-womenshealth/170667_OWH_FS_IronDeficiencyAnemia_spa.pdf

Congratulations!
You have completed your lesson.



Approval. Courtesy of [Pixabay](#).

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Insert Tab E divider

That's okay.

Please keep in mind that not getting enough iron may decrease your chance of having a healthy pregnancy.

When you're pregnant, the blood in your body increases by about 50%. You need more iron to make these extra blood cells.

Please read one or more of the following articles.



Baby in Sling. Courtesy of [WIC Image Gallery](#).

If you would like to learn more, [turn to Tab D](#).

If you decide later you want to learn more, information is available from your WIC office.

Download, print, and insert the Pre-Contemplation reading material below:

“Iron.”

http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/Iron.pdf

Readability - Grade 6

“Iron Facts for Consumers”

<https://ods.od.nih.gov/pdf/factsheets/Iron-Consumer.pdf>

Readability—Grade 7.

Available in Spanish at <https://ods.od.nih.gov/pdf/factsheets/Iron-DatosEnEspanol.pdf>

Congratulations!
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Approval. Courtesy of [Pixabay](#).

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