





Iron Deficiency Anemia in Pregnancy: Prevention Tips

Anemia is a condition where the body does not have enough healthy red blood cells. Iron deficiency (or low iron in your body) is a common cause of anemia.

We test all pregnant persons for anemia at:

- Your first prenatal visit
- 24-28 weeks
- Anytime you have symptoms

How might you feel with iron deficiency anemia?

- Tired or weak 
- Dizzy 
- Headache 
- Craving ice, very cold drinks, or non-food items like dirt 

What are the risks of anemia for a pregnant person?

- Going into early labor 
- Needing a blood transfusion during delivery 
- Depression after delivery 
- Problems with breastfeeding 
- Problems with wound healing 

What are the risks of anemia for a pregnant person's baby?



- Low birthweight of baby
- Low iron stores in childhood
- Problems with growth and development of the brain

How can you help prevent anemia?

- Take a prenatal vitamin every day.
- Most gummy vitamins do not have iron, so check the label!
- Eat foods with iron at every meal. Adding vitamin C-rich foods can help absorb iron.



Recommend 27mg of iron in your vitamin.

Foods with Iron:	Foods with Vitamin C:
 <p><u>Examples:</u> Enriched cereals or breads Prune juice Canned or dried beans (black or red beans, chickpeas, lentils) Beef, chicken liver, or pork Spinach, Eggs Canned tuna/salmon (don't eat more than 2 times per week)</p>	 <p><u>Examples:</u> Lime or lemon Tomatoes Berries</p>

If you need help finding food, please let your provider know.

You can also look up your closest food bank here: foodbankcenc.org/food-finder/