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







 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









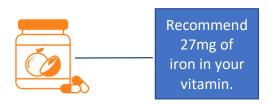


What are the risks of anemia for a pregnant person's baby?

- 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.



Foods with Iron: Foods with Vitamin C: Examples: 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)

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/