



Try this recipe. It is high in iron.

### Chili con Carne

- 1 pound lean ground beef
  - 1 cup chopped onion
  - 3/4 cup chopped green pepper
  - 2 cloves chopped garlic
  - 1 16-ounce can crushed tomatoes
  - 1 16-ounce can dark red beans, drained
  - 1 8-ounce can tomato sauce
  - 2 teaspoons chili powder
  - 1/2 teaspoon dried basil
  - 1/4 teaspoon pepper
  - 2 tablespoons olive oil
1. In a large pan on the stove, cook ground beef, green pepper, onion and garlic in olive oil. Cook until meat is browned.
  2. Drain off fat.
  3. Stir in the rest of the ingredients from the list.
  4. Bring to a boil and then lower heat.
  5. Cover and simmer (low heat) for about 20 minutes.
  6. Serve the chili over rice. Add grated cheddar cheese and scallions on top.

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# Having a baby?



**You need more iron**

# What is iron?



**Iron is part of your blood. It carries oxygen in your body.**

## **Why do I need more iron?**

When you are pregnant, your body needs more iron. Iron gives you energy. If you do not have enough iron you may feel tired. When your blood is low in iron, you have anemia.

## **How can I get more iron?**

### **Iron Pills**

Your doctor may give you iron pills. Take the pills every day with foods like oranges, orange juice, grapefruit, meat, tomatoes or potatoes. These foods help your body use more of the iron.

### **Iron in Foods**

Iron is found in many different foods. Some foods have more iron than others.

## **Foods with lots of iron:**

- Cream of Wheat
- Prune juice
- Liver
- Beans - dried, baked or lima beans
- Molasses (black strap)
- Chicken and other lean meat
- Enriched breads and cereals

## **Foods with some iron:**

- Peanuts and peanut butter
- Tomato juice
- Peas
- Spinach
- Lentils
- Greens - mustard, collard and kale
- Raisins

