



Steps to Take: My Action Plan for Iron

Name: _____




Check the box for each step you are doing now to get enough iron. Check the boxes for the steps you plan to take. Write down other ways you plan to improve your iron intake.

| Things That I Can Do to Get Enough Iron Every Day | Am Doing | Steps I Will Take |
|---|--------------------------|--------------------------|
| Add one serving of vegetables such as spinach, broccoli, or leafy green lettuce to my diet most days of the week. | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat an orange or another citrus fruit with my iron-rich foods. | <input type="checkbox"/> | <input type="checkbox"/> |
| Try a fruit or vegetable from the iron-rich food list that I have never tried before. | <input type="checkbox"/> | <input type="checkbox"/> |
| Add one serving of lentils, black beans, pinto beans, or garbanzo beans to my diet most days of the week. | <input type="checkbox"/> | <input type="checkbox"/> |
| Cook in a cast iron skillet or pan. | <input type="checkbox"/> | <input type="checkbox"/> |
| Only drink tea, coffee, or soda in between meals to get the most iron from my food. | <input type="checkbox"/> | <input type="checkbox"/> |
| Take my prenatal vitamin, mineral supplement daily, and iron pills my midwife/doctor prescribes for me. | <input type="checkbox"/> | <input type="checkbox"/> |
| My ideas for improving my iron intake: | | |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> | <input type="checkbox"/> |

Signature: _____

Date: _____



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