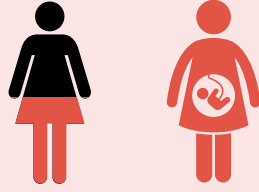


# GLOBAL PERINATAL SERVICES

## IRON DURING PREGNANCY

By the third trimester, you need twice as much iron as before you became pregnant



### SYMPTOMS OF IRON DEFICIENCY



Heart Palpitations



Shortness of Breath



Tiredness and Fatigue



Pale Skin or Gums

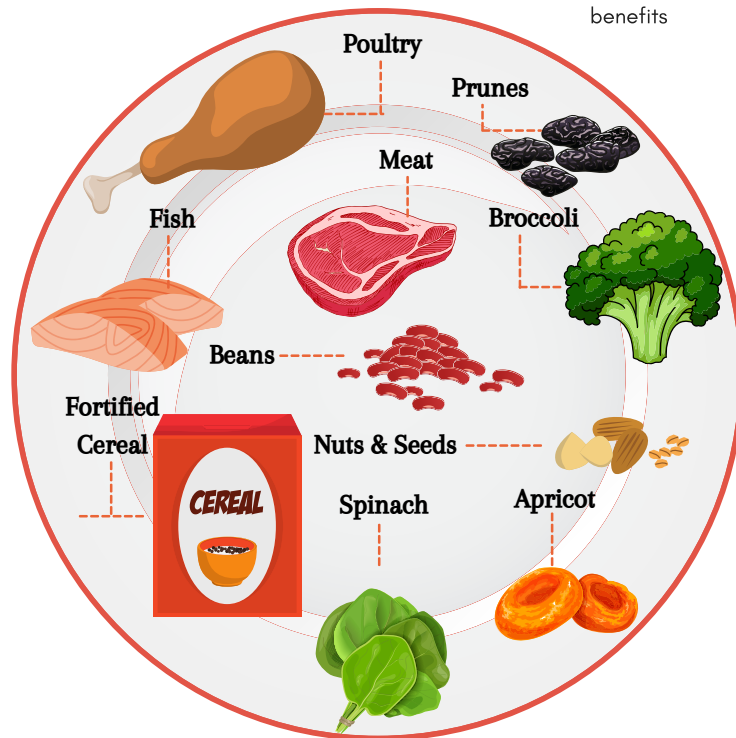
### SOURCES OF IRON

#### HAEM IRON

The iron in meat, fish and poultry is known as **haem iron** and it's easy for your body to absorb and use

#### NON-HAEM IRON

Iron which comes from vegetarian food is known as non-haem iron. Your body can't absorb it as well as **haem iron** so you need more of it to get the same benefits



#### FORTIFIED CEREAL

Most breakfast cereals are fortified with extra iron to help you get the nutrients you need. Just check the pack to see how much iron your favorite cereal provides

#### VITAMIN C

Vitamin C helps our bodies absorb and use the iron in the food we eat. Great sources of Vitamin C include: oranges and orange juice, strawberries, kiwi fruit, red & green peppers, and potatoes

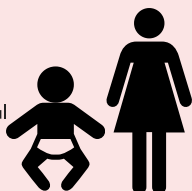
#### RISKS OF IRON DEFICIENCY

##### FOR BABY:

Low birth weight

Iron Deficiency

May affect mental and social ability



##### FOR YOU:

Extreme Tiredness

Infection

Heart and Lung Problems

Premature Labor

#### IRON SUPPLEMENTS

If you are concerned about getting enough iron through your diet, try a general pregnancy multivitamin



If you do become anemic, your GP will prescribe iron supplements

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