

# Iron for the Family

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In your home or at the store, find one food that has a nutrition facts label.

Food Chosen:

Amount of iron (mg) in one serving of the food chosen:

Use this list of daily iron recommendations to write down your family members and how much iron they need each day.

Would one serving of this food meet the iron needs of any person in your family?

Family Member	Amount of Daily Iron Needed

Age Group	Male (mg/day)	Female (mg/day)
Birth to 6 months	0.27	0.27
7-12 months	11	11
1-3 years	7	7
4-8 years	10	10
9-13 years	8	8
14-18 years	11	15
19-50 years	8	18
51+ years	8	8
Pregnancy	—	27
Lactation (less than 18 years)	—	10
Lactation (19-50 years)	—	9