

pumping iron



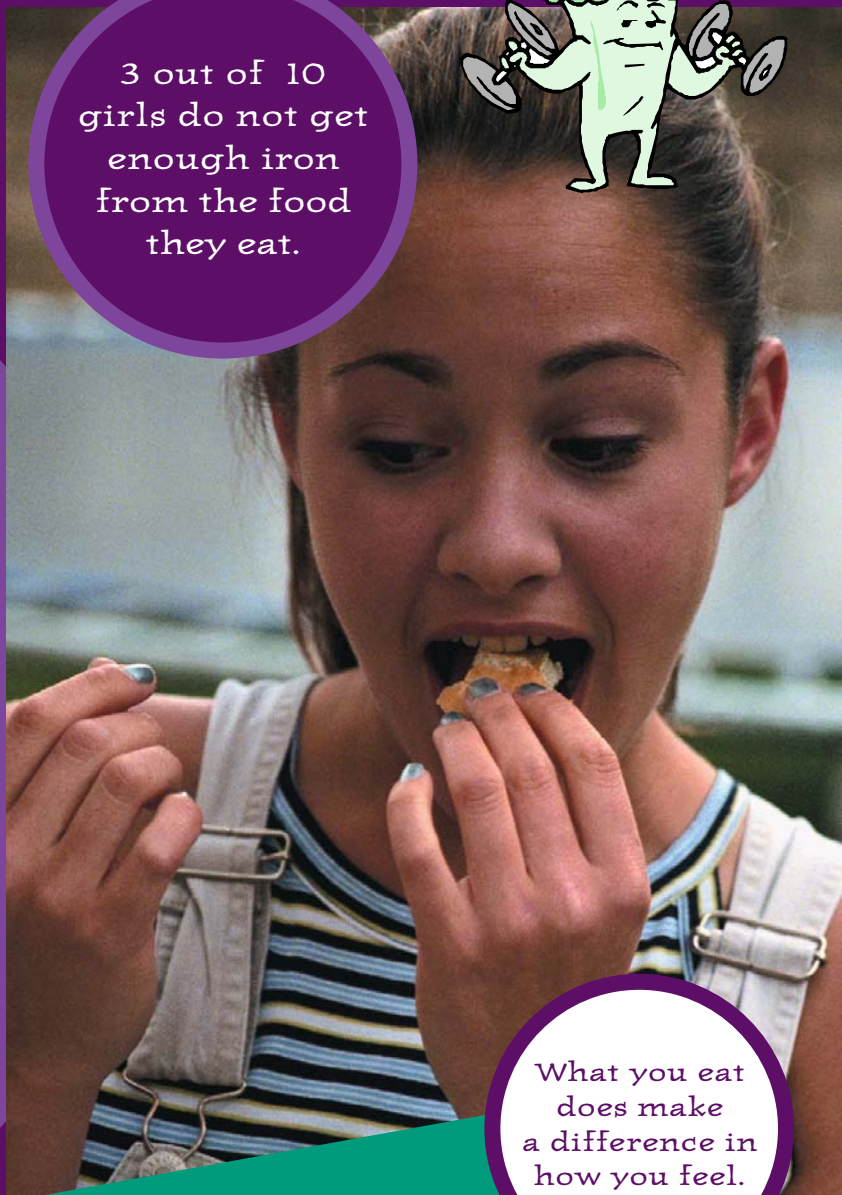
ever wish you had more energy?

What you eat does make a difference in how you feel. Teens who increase their iron intake have more energy, improved mood, and a greater ability to concentrate. Iron also improves physical endurance and helps you stay healthy by increasing resistance to infections.

Getting more iron is easy. Lots of good-tasting foods are great sources of iron: meats, whole grains, dark green vegetables, dried beans, and iron-fortified cereals and breads.

Getting enough iron during adolescence is especially important for girls because puberty and menstruation both increase the body's need for iron. Three out of ten girls do not get enough iron from the food they eat.

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Did you know?

Foods rich in vitamin C help your body to use iron. Citrus foods and juices (like orange or grapefruit), strawberries, tomatoes, potatoes, and broccoli are all good sources of vitamin C. Try adding some strawberries to your cereal or adding tomatoes to a sandwich.