



FAMILY NUTRITION NEWS

Are You Getting Enough Iron?



Dear Homemaker,

Do you know why your body needs iron? The mineral iron is needed for the formation of your red blood cells. The cells carry oxygen from the air you breathe to all the other cells in your body. Without enough iron, you may feel tired and rundown.

Getting enough iron every day takes some planning, but there are many foods rich in iron. MEAT contains iron, and LIVER is also an excellent source. Other foods that contain iron are DARK-GREEN LEAFY VEGETABLES (like SPINACH AND DANDELION GREENS, EGGS, BEANS, WHOLE GRAIN) or foods such as ENRICHED BREADS AND CEREALS AND DRIED FRUITS (like RAISINS and PRUNES).



Sincerely,

Name and title



For a good way to get a good supply of IRON, try this tasty MAIN DISH!

LIVER AND ONIONS

1½ pounds sliced beef or pork liver	2 tablespoons fat
1 large onion	1½ teaspoons salt
¼ cup flour	¼ teaspoon pepper
	¼ cup water

Peel any skin from the liver and slice the onion. Dip liver in flour. Melt the fat and add the liver and brown on one side. Turn and brown on the other side. Sprinkle liver with salt and pepper. Add the onion and water.

Cover pan tightly and cook over low heat 20 to 30 minutes until liver is tender. Serves 6.

MORE INFORMATION . . .

- **Serve liver and onions with mashed potatoes, tossed green salad, fruit, and milk or coffee.**
- **Store left-over liver in the refrigerator. Use the next day.**
- **Cooked liver, chopped and mixed with mayonnaise, makes a good sandwich. Crisp lettuce will add freshness to the sandwich.**

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.