



Poly Vi Sol with Iron

We have performed a hematocrit on your child today and it was noted to be mildly low. Please start Poly Vi Sol with Iron - 1 dropper by mouth once daily in something to drink. We will recheck the hematocrit again in 3 months.

Foods with Iron that you may include in your child's diet include:

Beef	Raisins, Prunes
Chicken	Apricots, Figs, Peaches, Pears
Turkey	Tomato Juice
Pork	Turnip and Collard Greens
Tofu	Winter Squash
Liver	Pinto, Kidney, Black, and Lima Beans
Baked Potato	Soy Beans, Peas, Lentils
Whole Wheat Bread	Enriched Pasta
Cereals with Iron	Enriched and Brown Rice

Vitamin C helps your body to absorb iron, so eat foods high in Vitamin C along with high-iron foods.

Some high Vitamin C foods include:

Tomatoes	Mango
Broccoli	Cantaloupe
Fortified Fruit Juices	