WHAT YOU’LL DO:

1. Pour some of the food into a plastic bag. Seal the bag with as little air in it as possible, then mash the food until you make a powder.

2. Fill the bag with some water and mix.

3. Let the mixture sit for at least one hour.

WHAT YOU NEED:

- A strong (neodymium) magnet
- Cereal or other food with iron*
- A Ziploc® bag
- A plastic, see-through cup
- A little water

* Crunchy, high-iron foods are best; we suggest using Total® cereal or Gerber Graduates® Arrowroot cookies.
People without enough hemoglobin in their bloodstream are called anemic. The most common symptoms of anemia are weakness and fatigue.

All of the blood in your whole body contains about 2.5 grams of iron — about the weight of a single penny. It’s amazing that such a small amount can be so important!

How much iron you need in your diet depends on your age and gender. Teen and adult women need about 15 milligrams a day. Teen and adult men need about 10 milligrams a day.

Breathing carbon monoxide (such as car exhaust) is dangerous because it binds to the iron in the heme molecule about 200 times tighter than oxygen does. This kicks those needed oxygen molecules out of the way, possibly leading to suffocation.

Learn more about magnets at: nationalmaglab.org/education