

Ideas to get more iron from your food

- Use legumes (beans, peas and lentils) in casseroles, soups, stews and salads.
- Add dry iron fortified infant cereal to homemade muffins, pancakes, pasta sauces or yogurt.
- Choose enriched breads, pasta, and cereals.
- Choose tomato and meat sauce instead of cream sauces.
- Cook foods in an iron skillet or wok since a small amount of the iron will transfer into the food.
- Sprinkle wheat germ on cereals or add it to meatloaf, hamburgers, muffins and pancakes.



Did you know...

Cow's milk, fortified soy beverages and other milk alternatives do not contain iron. Offer 3.25% homogenized whole milk when your baby is 9-12 months and eating a variety of iron rich foods. Cow's milk intake should not be more than 3 cups (750ml) per day.

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Try this tasty idea!

You can use iron fortified infant cereal in baking to help meet your child's iron need. Look for an infant cereal with 100% daily value (%DV) of iron per serving.

Homemade Blueberry Muffins

- 1 cup (250ml) whole wheat flour
- 1 cup (250ml) any iron fortified infant cereal
- 1/2 cup (125ml) sugar
- 2 tsp (10ml) baking powder
- 1/2 tsp (2.5ml) salt
- 1/2 cup (125ml) water
- 2 tbsp (30ml) vegetable oil
- 3 eggs, beaten
- 1 cup (250ml) fresh/ frozen blueberries

Instructions:

- Preheat oven to 350°F (180°C).
- Mix flour, infant cereal, sugar, baking powder and salt together in a large bowl.
- Mix water, oil and eggs in a separate bowl.
- Combine wet and dry ingredients only until blend. Fold in the blueberries. Do not over mix.
- Spoon batter into 24 greased mini muffin cups.
- Bake for about 20 minutes or until done.

Yield: 24 mini muffins.
Each muffin contains 1.2mg of iron.

Iron - Is your Baby getting enough?



How much iron does my baby need?

Child's age	Amount of iron per day	Amount of iron/day if vegetarian
7-12 months	11 mg	20 mg
1-3 years	7 mg	13 mg

Developed by
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Why does my baby need iron?

Iron is important for growth and brain development. Baby's iron stores run out by about 6 months of age, so it is important to introduce iron rich foods as the first solid foods.



What are some sources of iron?

There are two types of iron in foods.

Heme iron is found in animal products like meat, egg and fish. Heme iron is very easily absorbed by the body.

Non-heme iron is found in plant products like vegetables, whole grains, enriched or fortified grains and legumes.

Non-heme iron is not absorbed as well as heme iron.

You can increase the amount of iron absorbed by adding vitamin C rich foods such as tomatoes, peppers, and oranges.

Did you know...

Eating iron rich foods does not cause constipation. The stool habits of babies can vary. Talk to your doctor if you think your baby is constipated.

Excellent source of Iron:

(Contains 3.5 mg of iron per serving)

- Liver
- Dark red kidney beans, white beans and chickpeas
- Lentils
- Iron fortified infant cereal
- Cheerios



Good source of iron:

(Contains 2.1 mg of iron per serving)

- Beef
- Tofu
- Baked beans
- Cream of wheat
- Spinach, boiled



Other sources of Iron:

(Contains 0.7 mg of iron per serving)

- Shrimp, salmon, haddock
- Pork
- Turkey, chicken (dark meat)
- Eggs
- Light canned tuna
- Wheat germ
- Pasta
- White or whole wheat bread
- Potatoes



Here's where to start...

- ▶ At six months, your baby is ready for soft finger foods. Try finely minced, ground or mashed cooked meat, deboned fish and poultry.
- ▶ Continue breastfeeding but start to offer iron rich foods two or more times each day.
- ▶ Keep meats and alternatives moist so they are easy to swallow.
- ▶ Do not give your baby deli meats such as ham, wieners, salami or sausages. These are high in fat and salt.
- ▶ It may take many tries before your baby accepts a new food.

Did you know...

Most babies do not need an iron supplement. If you think your baby is not getting enough iron, speak with a health care provider. Do not give your baby an iron supplement unless recommended by your health care provider. Too much iron can be harmful.