

Foods for iron

Best foods for iron

- lean minced beef
- lean stewing beef
- liver
- fish (no bones)
- chicken (no skin)
- lean lamb
- lean pork



- lean meat from turtle or dugong (but not the liver or kidneys)
- other bush meats



Good food for iron

- Baby cereal with added iron
- Baked beans
- Eggs
- Green leafy vegetables
- Peanut butter



There is no iron in the fatty parts of meat.
The iron is in the lean meat.



Foods not good for iron

- chicken nuggets
- kabanas
- meat pies
- sausage rolls
- custard



*Buy lean
meat
instead.*



Iron stoppers

Some foods stop Baby's body from getting enough iron. Iron stoppers are:

- Tea - don't give babies and young children tea to drink.
- Fresh cow's milk and powdered milk – these kinds of milk can hurt a young baby's tummy.



Baby can have cow's milk or powdered milk after he is 12 months old. You don't need to buy formula after Baby is 12 months.

Iron helpers

Vegetables and fruit help Baby's body to get the most iron from his food. Make sure Baby has some fruit and vegetables every day.



Child health checks

Once Baby is six months old, the child health nurse or health worker will do a finger prick test to see if Baby has strong blood. This test will tell you if Baby is getting enough iron.



**Queensland
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Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls! If you are worried about the way your child is eating, talk to your local health worker, child health nurse, nutritionist or doctor.

For more information contact your local health worker