Iron rich foods for babies and growing children



Growing Strong Feeding you and your baby

Great state. Great opportunity.





Babies need iron rich food to learn to do new things like walking and talking. Breastmilk will give Baby all the iron needed for the first six months.

At around six months, Baby will need solid food as well as breastmilk. Give Baby solid food which is rich in iron.



Meat for Baby

Baby can have meat from around six months old, mixed in with other food.

Baby cereals and mashed vegetables are good first foods. Meat or fish can be added to the mashed vegetables or rice cereal.



Make sure that the meat is soft and that there are no bones in the fish. Cook minced meat so it is soft, then mash it so it is easy for Baby to swallow.

As Baby gets older and learns to chew, they can eat stews and casseroles with soft, well-cooked meat.







Don't add salt or soy sauce to meat for Baby.

Always watch Baby when eating to make sure they don't choke.



Good food for iron

- Baby cereal
- Baked beans
- Eggs
- Green leafy vegetables
- Peanut butter







Foods not good for iron



Most fast food takeaways are not a good source of iron.

Iron stoppers

Some foods stop Baby and children from getting enough iron. Iron stoppers are:

- Tea don't give babies and young children tea to drink.
- Fresh cows' milk and powdered milk – up until one year of age cows' milk can hurt a baby's tummy.
 After one year of age, limit milk to no more than 2 cups per day.





Baby must have breastmilk or formula until they are six months old and continue until one year old. Baby can have cows' milk to drink after they turn one.

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.



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For more information contact your local health worker or call 13 HEALTH (13 43 25 84).



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