

Iron



Iron is an important mineral
Infants and toddlers are at risk
of iron deficiency
Iron helps transport oxygen
around the body



The iron found in meat and fish is much more easily absorbed than that found in plant foods.

A high intake of other minerals like calcium or zinc can reduce iron absorption. This is why a balanced diet is so important.

Eating vitamin C-rich foods like fruits or vegetables alongside iron-rich foods increases iron absorption.

Too little iron over a long period of time causes iron-deficiency anaemia. Faddy/fussy eaters, vegetarian and vegan children are at increased risk of iron deficiency. Children with iron deficiency will be pale and tired and their general health, resistance to infection, appetite and vitality will be impaired.

How much?

Age group	Amount mg/day
1—3 years	6.9
4—6 years	6.1



Sources of Iron

Liver, meat, poultry, fish, beans, dried fruits, wholegrain or fortified cereals and most dark green leafy vegetables are good sources of iron.

Iron content of some common foods

Food and child's portion	Iron (mg)
1 boiled egg	0.9
1 slice roast beef	1.1
40g roast chicken	0.3
50g sardines in tomato sauce	1.5
4 dried apricots	1.0
75g canned chickpeas	0.7
2 tbsp peas	1.3
1 slice brown bread	0.8
1 weetabix	2.4

Meal ideas

Breakfast

Fortified breakfast cereal with sliced strawberries

Lunch

Egg and cress sandwich OR

Dried apricots for pudding

Dinner

Mashed sardines and tomatoes on toast OR

Roast beef with vegetables



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