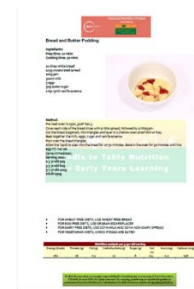
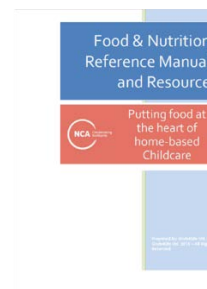


This is Grub4Life.Com – Britain's foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.

Iron for Toddler Health



For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

- 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. Therefore 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 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 common foods (mg)

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

Meal	Suggestion
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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