

Iron and your baby (6-12 months)

St. Michael's
Inspired Care.
Inspiring Science.

Step 1

Choose foods high in iron

Great iron foods

- Beef, lamb & pork
- Turkey & chicken (dark meat has more iron)
- Low mercury fish
- Liver (no more than once a week)

Good iron foods

- Fortified infant cereals and whole grain cereals (Nutrios)[®]
- Tofu
- Eggs
- Beans and lentils
- Dark green leafy vegetables, such as spinach, kale, broccoli
- Whole grain and enriched bread, tortillas, rice and pasta

Step 2

Add vitamin C foods

Vitamin C rich foods

- Tomatoes
- Broccoli
- Cauliflower
- Green, red and yellow peppers
- Brussels Sprouts
- Turnips
- Oranges
- Cantaloupe
- Strawberry
- Kiwi
- Mango
- Papaya



Other Tips

1. Introduce iron rich foods (eg. infant cereal or meats) no later than 6 months of age.
2. Offer foods high in iron 2 times per day.
3. Add a source of vitamin C. Vitamin C helps your body use the iron better.
4. Choose foods from the list of great iron foods more often.
5. If formula feeding continue to use an iron fortified formula.
6. Avoid tea, soda and juice.
7. Do not offer cow's milk to drink until 12 months of age.
8. Start to offer liquids in a cup.