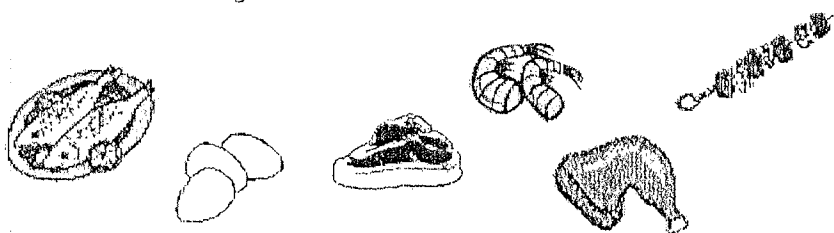


Animal sources of iron (offer 1- 2 child-sized servings most days)

1 toddler/child-sized cooked serving = 40-75 mL or grams

Beef, pork, lamb, veal, turkey*
Clams, mussels, shrimp
Chicken
Fish
Egg yolk** (1 egg)



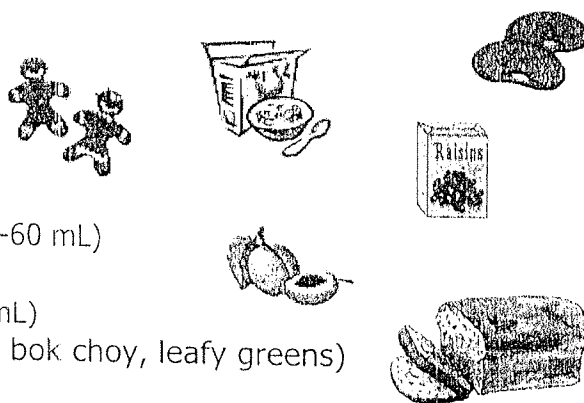
*Meats can be hard for young children to chew. Keep them moist & tender; serve them in stews, soups & casseroles. Slice very thinly for sandwiches or finger foods.

**Cook eggs well. Iron in egg yolk is not absorbed well. Combine with vitamin C foods. See below.

Plant sources of iron* (offer 4 to 6 child-sized servings each day)

1 child-sized serving = 60-125 mL or ½ - 1 slice (unless specified)

Instant enriched oatmeal, cream of wheat
Iron fortified cereals
Beans, tofu, lentils, split peas
Pumpkin, squash, or sesame seeds (15-30 mL)
Blackstrap molasses (7-15 mL)
Sunflower seeds, roasted soybeans, or nuts (45-60 mL)
Prune juice
Dried apricots, prunes, figs, and raisins (45-60 mL)
Dark green vegetables (broccoli, peas, spinach, bok choy, leafy greens)
Enriched grains (pasta, breads, bagels)
Whole grain foods (brown rice, oats, barley, quinoa, amaranth)
Wheat germ (15-30 mL)
Ovaltine™ (125-250 mL prepared)



*The iron from plant sources is absorbed and used better when you **eat meat with them** and/or when you **eat Vitamin C foods with them**.



Some foods rich in Vitamin C are:

- ☆ Tomatoes – add tomato slices to your sandwich or salad, or serve them on the side
- ☆ Broccoli – serve raw with a little dressing for dip, or serve cooked with a little butter for flavour
- ☆ Cantaloupe or orange wedges can garnish the plate or be served as dessert
- ☆ Peppers (red, green, orange, yellow) – slice into salads, or lightly stir fry with a little rice vinegar
- ☆ Papaya, mango, kiwi, strawberries, blueberries, raspberries, apple – most fruits have vitamin C
- ☆ Sweet potato fries – slice into sticks, toss with a little canola oil, and bake at 450 °F for 20 minutes
- ☆ Any 100% fruit juice – limit to no more than 125 – 250 mL per day



When to ask for help...

Call Dietitian Services if your child:

- Does not eat any meat and/or eats very few of the iron-rich foods listed
- Is vegetarian
- Doesn't regularly eat dinner with the family
- Is a picky eater, especially with iron-foods
- Is constipated
- Drinks too much milk (more than 750 mL a day) or too much juice (more than 250 mL a day)
- Has multiple food allergies

Dietitian Services at HealthLink BC:

Dial 8-1-1

<http://www.healthlinkbc.ca/dietitian/>