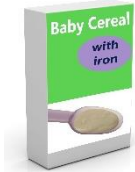


Iron Foods for Children Ages 1 and Up

Babies and children need iron to grow, learn, and be healthy.

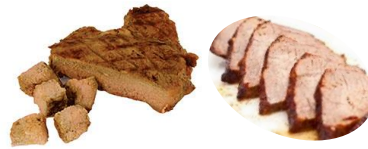
These are foods with iron.



Baby cereal with iron



Lentils



Meat



Egg



Chicken



Fish



Beans



Tofu

Give **foods with iron** to your child at meals and snacks every day.

Meal ideas



Baby cereal with iron



Strawberries



Beans



Broccoli



Rice



Chicken



Vegetables



Pita

Snack ideas



Egg



Tomato



Tofu



Mango



Milk does **not** have iron, but is still a good drink for your child.

Offer your child **2 cups (500 mL)** of milk a day.



Give milk only with meals.



Give water between meals.



Give milk in an open cup.

If your child is still using a bottle, plan to take them off the bottle by 12–14 months of age.

More than 2 cups (500 mL) of milk a day can make your child too full to eat foods with iron.

If you have questions about iron or milk for your child, call 811.