

# Iron

For Older Babies and Toddlers  
(9 – 36 months)



Name: \_\_\_\_\_

Date: \_\_\_\_\_ Hemoglobin: \_\_\_\_\_

## What is iron?

Iron helps carry oxygen to every cell in the body.

## Why is iron important?

The brain needs oxygen to stay alert, learn, and grow. When your child has low iron, it may cause them to feel tired and have a harder time learning. Iron is important to help your body fight germs and sickness.

Because iron is important, WIC staff monitor how much iron is in your child's blood by reviewing their hemoglobin level. Foods high in iron are the key to good hemoglobin levels. A nutritionist at WIC can help you create an eating plan that is right for your child. Talk to your child's health care provider before trying a new food if you have concerns about food allergies.

## What can my child eat to get enough iron?\*

### BEST SOURCES OF IRON



WIC approved cereal



Jarred infant meats  
and pureed meats



Mashed beans and lentils



Chopped or ground meat  
(beef, pork, chicken, turkey)



Tofu

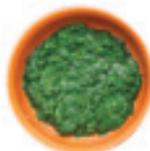


Tuna fish or cooked, flaked fish  
low in mercury – check carefully  
that there are no bones.

### OTHER GOOD SOURCES OF IRON



Cooked eggs



Cooked spinach, kale,  
and other leafy greens



Peanut butter  
(spread thin)



Cooked broccoli



Whole wheat bread,  
tortillas, pasta, and rice



Hummus

*\*To prevent choking, serve all foods in the size and texture safe for your child.*

## Absorb more iron!

Vitamin C helps your body use more iron. When you eat foods high in iron, eat them with foods that have lots of vitamin C too.

### • SOURCES OF VITAMIN C •

Serve these fruits and vegetables in the size and texture safe for your child.



Cauliflower



Tomatoes



Oranges



Mango



Strawberries



Broccoli



Bell peppers



Kiwis



Melons



Papayas

## Try these winning combinations:

- Infant cereal made with breast milk or infant formula and soft, mashed, or pureed fruit
- Brown rice with mashed beans and cooked broccoli
- Whole wheat pasta with cooked ground beef and tomato sauce



## Think about drinks!

Milk is high in calcium, but low in iron. Juice is also low in iron. Children who drink a lot of milk or juice get filled up faster and usually eat less food—including iron-rich foods.

Talk to a nutritionist at WIC or your child's health care provider about how much milk and juice your child should drink.

Some steps that I am already taking: \_\_\_\_\_

\_\_\_\_\_

New things that I will try: \_\_\_\_\_

\_\_\_\_\_

***You can do this! You are on the right track; small changes lead to success!***

**If you have any further concerns about iron, contact your child's health care provider.**

