

Iron in Toddlers Aged 6 Months to 2 Years

Iron is essential for the **growth of babies**.
A lack of iron can impair their development during early childhood.



Why offer iron-rich foods as early as 6 months?

Around the age of 6 months, baby's iron stores are depleted. This is why it's important to offer iron-rich foods to replenish your little one's stores.

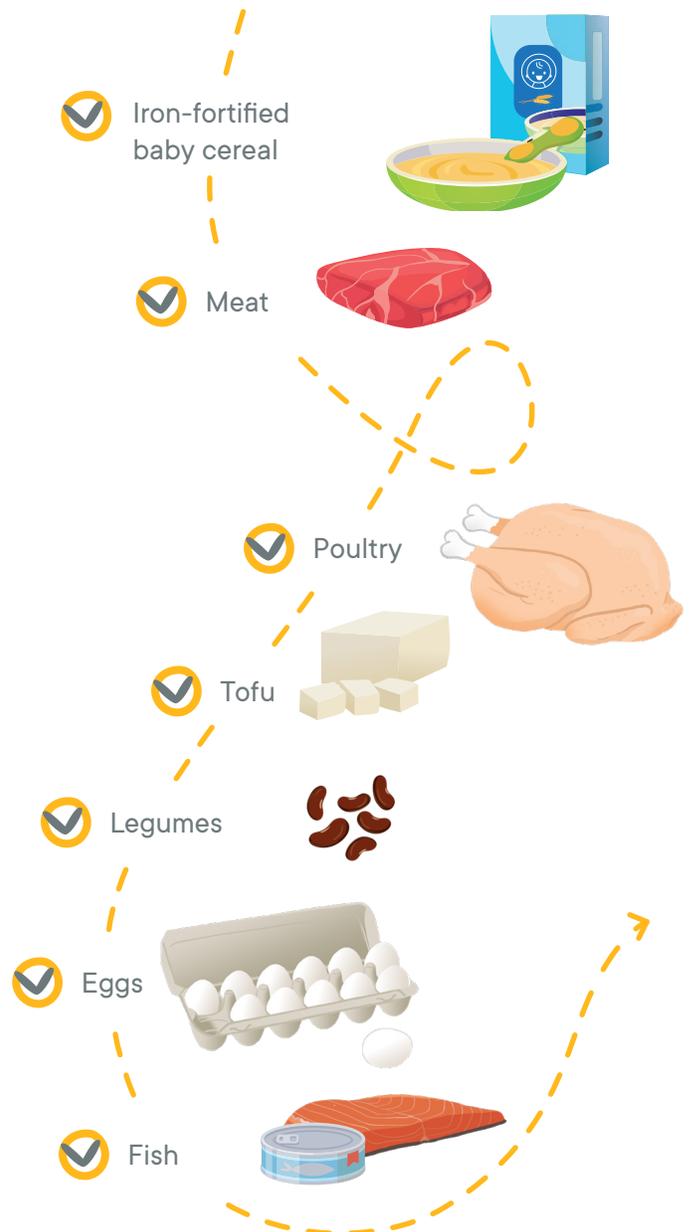
To promote a good iron intake:

- Offer iron-rich foods as baby's first foods.

• **Offer iron-rich foods at least two times a day.**

- Wait until baby is aged 9 to 12 months before offering cow's milk as a beverage. Limit cow's milk consumption to 750 ml a day.

Iron is found in these foods:





Tip

Add iron-fortified baby cereal to your recipes to increase iron intake:

- In meat or legume balls or loaves
- In [muffins](#), [cookies](#) or [crepes](#) by replacing $\frac{1}{4}$ of the flour
- In [soups](#) and sauces to thicken them

- Limit sugar and salt when cooking meals for baby.
- Be sure to adapt the texture so it is safe for baby. Read [our resource on choking risks](#) for more information.



Ideas of meals using iron-containing foods

- [Spaghetti with meat sauce](#)
- [Meat stew](#)
- [Lentil and spinach soup](#)
- [Fish croquettes](#)
- [Meatloaf](#) or [meatballs](#)
- [Indian-style beef stir-fry](#)
- [Tofu with peanuts](#)

The suggested recipes are examples only. Offer baby foods that you enjoy cooking and that contain iron.