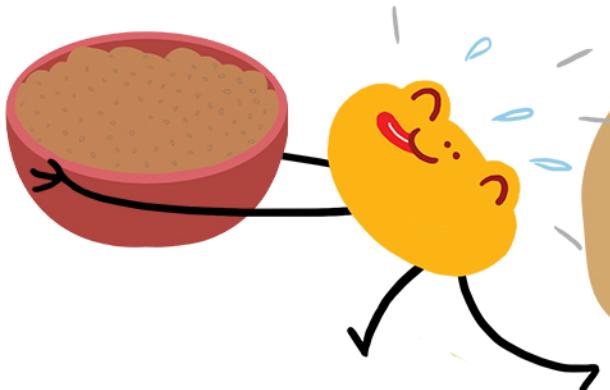


# IRON-FORTIFIED BABY CEREALS



## Choosing them?

Choose iron-fortified cereals with no added sugar. Pay attention to the ingredient list because sugar is listed under many different names: sucrose, glucose, fructose, galactose, syrup, honey, dextrose, maltose or brown sugar.

## Did you know?

Iron-fortified baby cereal is one of the first foods you can offer when introducing solid foods. You can also continue to offer this type of cereal until your child is 2 years old to meet their iron needs.



## Why we like them?

At 6 months, your baby's iron stores become depleted. Because iron is essential for your baby's growth and development, it's important to replenish these stores. Iron-fortified cereal is one of the best foods to achieve this!

## Tip to reduce waste

Prepare small portions of iron-fortified cereal to avoid waste. If your baby is still hungry, you can always make more.

## 5 ways to use them

To prepare the cereal, simply add breast milk, store-bought infant formula or water. Read the instructions on the package for the best way to prepare the cereal.

Dry iron-fortified baby cereal can also be incorporated into many recipes.

- Replace 1 quarter (1/4) of the flour with iron-fortified cereal in your muffin, cookie, pancake or waffle recipes.

Add iron-fortified cereal to meatballs, meatloaves or vegetarian meatloaves.

## Storing them?

Dry cereal can be stored at room temperature up to the "best before" date on the package. Once the bag is open, it is best to consume the cereal within a month.

Prepared cereal (cereal with milk or water added) does not keep. Throw away what your baby hasn't eaten after the meal.