

# Your Baby Needs Iron!

## Why is Iron Important?

- Babies need Iron for brain development and learning
- Iron helps build red blood cells which carry oxygen through the blood, low iron the baby may feel tired, look pale and not eat well

## How can I make sure my baby gets enough iron?

- Breastfeed your baby or use an iron fortified formula

## Babies 6 to 12 months

- Continue to breastfeed or use and iron fortified formula
- Wait until 6 months of age to introduce solid foods
- Offer foods high in iron every day, like rice cereal or foods listed below

### BEST sources of Iron



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Infant Cereal



Beef or Lamb



Chicken



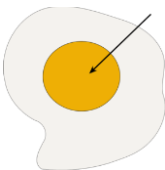
Fish



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Pork

### GOOD sources of Iron



Egg Yolk Only



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Lentils



Chickpeas



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Beans



Tofu