

IS YOUR CHILD GETTING ENOUGH IRON?

Did you know?

A 2016 Australian study showed that over 18% of toddlers had inadequate iron intake¹.

Iron is an essential mineral for normal brain development, growth and immune system function and should be on your radar as a key ingredient in your child's diet. However, nutrient deficiencies may occur in children who don't eat a balanced diet which can happen if you have a fussy eater².

INADEQUATE IRON INTAKE = LOW IRON LEVELS IN THE BLOOD AND BODY = IRON DEFICIENCY

The body can't make iron so if you use more than you eat, you can develop a deficiency. An iron-rich diet is the simplest way to maximise your child's levels and avoid iron deficiency or more serious anaemia.

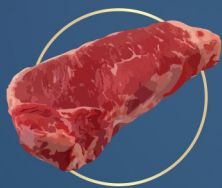
With plenty of options in all the key food groups, there are endless ways to prepare and enjoy meals, even if your child is a fussy eater.

TOP-PERFORMING IRON-RICH FOODS

Iron is present in both meats and plants. There are two distinct types. The source that is most easily absorbed by the body is haem-iron found in meat, fish and poultry. Non-haem iron, is less easily absorbed than haem-iron and is primarily found in plant sources like vegetables, legumes and grains but also dairy and eggs.



HAEM IRON FOODS



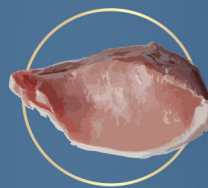
Lean red meat
2.1mg/100g*



Tinned tuna
1.16mg/100g*



Salmon
0.35mg/100g*



Pork
0.86mg/100g*



Barramundi
0.43mg/100g*



Skinless chicken breast
0.4mg/100g*

*Raw

NON-HAEM IRON FOODS



Weetbix™
4.2mg/30g



Tofu
2.9mg/100g



Wholemeal bread
1.86mg/2 slices



Rolled oats
1.1mg/30g



Egg
0.6mg/1 boiled



Cashew nuts
1.5mg/30g (20)



Spinach
1.75mg/1 cup*



Canned chickpeas
1.86mg/1 cup



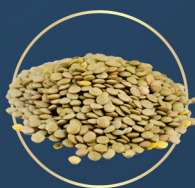
Dried apricots
0.93mg/30g (5)



Peanut butter
1.72mg/100g



Baked beans
0.3mg/30g



Green lentils
5.6mg/100g (dry)

THIS IS GENERAL ADVICE AND NOT INTENDED TO SUBSTITUTE MEDICAL ADVICE. PLEASE CONSULT YOUR HEALTHCARE PROFESSIONAL FOR INDIVIDUALISED ADVICE.

1. Atkins et al. Iron intakes of Australian infants and toddlers: findings from Melbourne Infant Feeding, Activity and Nutrition Trial (InFANT) Program. Br J Nutr. 2016. 115(2): 285-93.
2. https://www.rch.org.au/kidsinfo/fact_sheets/Nutrition_babies_toddlers/ (Accessed: 1st Sept 2021).
3. Food composition tables. Australia. www.foodstandards.gov.au (Accessed: 1st Sept 2021).

VITAMIN C INCREASES NON-HAEM-IRON ABSORPTION

Vitamin C is known to boost your absorption of non-haem iron. Adding citrus fruits and key vegetables to your meals can increase your iron uptake⁴. Here are some good sources of Vitamin C.

Fruits



oranges | mandarins | berries | kiwi fruit | strawberries

Vegetables



capsicum | tomato | broccoli | cabbage

6 TIPS TO IMPROVE YOUR CHILD'S IRON INTAKE

1

Iron every time

To reach your child's recommended daily intake choose rich sources of iron for breakfast, lunch, dinner every snack.

3

Graze on all the 5 food groups

Encourage your child to broaden their range of iron-rich foods by eating a variety of grains, beans, nuts, meat and veg.

5

Snack for success

Plan your child's meals and don't forget the snacks. Find delicious and iron-rich recipes to keep them going strong throughout the day.

2

Get plenty of Vitamin C

Vitamin C boosts the absorption of non-haem iron. Combine food and drinks that contain Vitamin C (see list above) with iron-rich foods to maximise absorption⁴.

4

Know your haem & non-haems

Not all iron is equal. Know which foods contain the most available iron so you can choose iron-rich foods.

6

Dial down the cows' milk

Avoid giving your child too much cow's milk (no more than 500ml daily) as it's a poor source of iron and can impact on iron absorption⁵.

GET IRON-ORGANISED

Plan your weekly meals for your child so you have the time to deliver an iron-rich, nutritionally balanced diet³.

Breakfast

Boiled egg with a slice of toasted mixed grain bread



1.3mg

Snack 1

30g unsalted cashew nuts



1.5mg

Lunch

Wholemeal pasta 100g with canned tuna 100g



2.3mg

Snack 2

Peanut butter sandwich



2.5mg

Dinner

Stir-fry with 100g diced lamb and 70g cooked brown rice



4mg

Total iron: 11.6 mg/day

If your child is healthy and has enough energy to play, learn and explore, they're probably getting enough iron. But if your child eats only a very small range of foods or consistently turns down the iron-rich foods you offer, see your Doctor or Healthcare professional. They can direct you to a range of services and offer guidance and support for you and your child.

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5.Hurrell R, Egli I. Iron bioavailability and dietary reference values. Am J Clin Nutr. 2010 May;91(5):1461S-1467S. doi: 10.3945/ajcn.2010.28674F. Epub 2010 Mar 3. PMID: 20200263.
6.Ziegler EE. Consumption of cow's milk as a cause of iron deficiency in infants and toddlers. Nutr Rev. 2011 Nov;69 Suppl 1:S37-42. doi: 10.1111/j.1753-4887.2011.00431.x. PMID: 22043881.