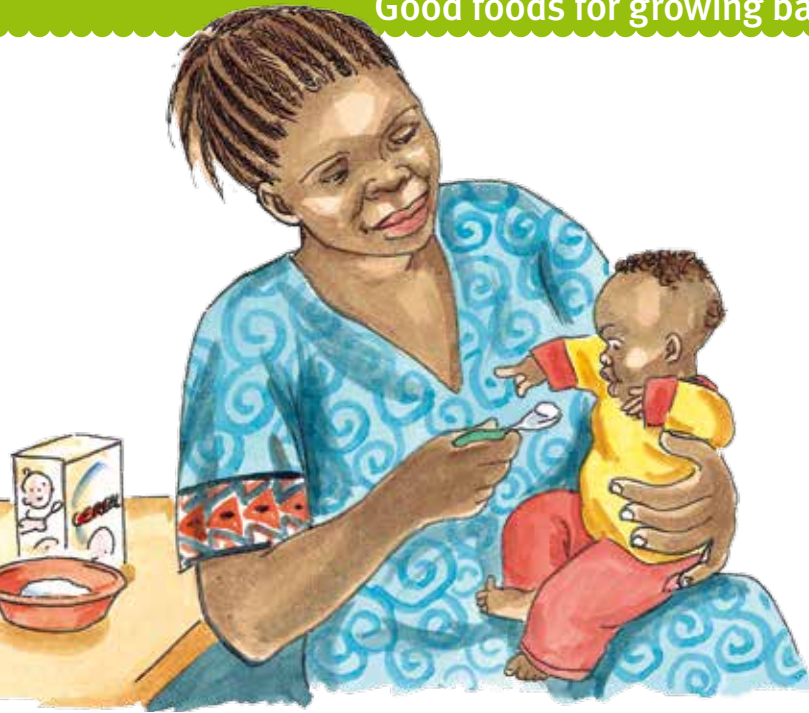


# Iron-rich foods

Good foods for growing babies and strong children



At 6 months, your baby needs foods that contain iron.

Children need iron to grow strong and healthy.

Until 6 months, your baby gets enough iron from breastmilk. After 6 months, they need iron in foods as well as breastmilk.



## Good sources of iron include:

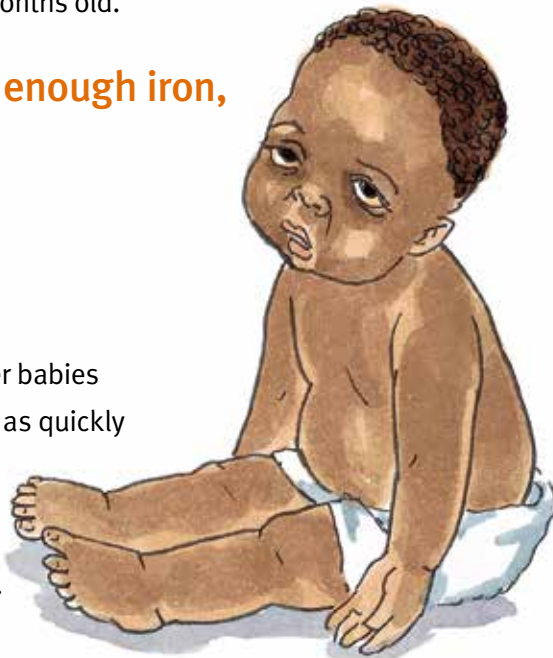
- infant cereals
- meats
- lentils
- chicken
- fish
- green leafy vegetables.

Choose foods which are high in iron when your baby starts to eat solid food at 6 months old.

## If babies don't have enough iron, they might:

- feel tired
- not want to play
- get sick more often
- not feel hungry
- not grow as quickly as other babies
- not learn to crawl and walk as quickly as other babies.

Babies who are not eating foods after 6 months are at risk of sickness from low iron.



Fruits and vegetables help the body use the iron in foods.



Tea is not good for babies. Tea stops the body using the iron in foods.

Contact your child health nurse or doctor if you think your baby might not be getting enough iron from foods.

Queensland Health: 13 HEALTH (13 43 25 84)

