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.

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