



Helping you to give your baby a healthy start

Ensuring your child gets enough iron

A significant proportion of children in the 1 to 3 year age group are deficient in a number of nutrients, the most common of which is iron.

Iron deficiency can be associated with "faddy eating" habits and can occur if your toddler does not eat a wide enough variety of foods, which can lead to a loss of appetite and your toddler only wanting to eat what they want, when they want it.

Iron is an important nutrient which is involved in many functions within the body including brain development. It is an essential part of haemoglobin in the body; this is a red pigment in our blood that allows it to carry the oxygen around the body for energy and growth.

Vitamin C helps the body to absorb iron and is found in citrus fruits, e.g. oranges, kiwi fruit, and some vegetables, e.g. peppers. Giving your toddler fruit as a dessert is a good way to increase absorption of iron from their savoury meal.

Use our daily diary to work out if your child is getting enough of this important nutrient.

And if you have any questions on what how to make sure your toddler is getting enough iron, our care line will do their best to help. Call them on **08457 623 628** or ask them directly, online, using our Live Chat instant online messaging service.