



Helping you to give your baby a healthy start

## The importance of iron

Iron is essential to your toddler's healthy growth and brain development. It's needed for the production of haemoglobin in healthy blood; haemoglobin carries much-needed oxygen around the body to your toddler's developing limbs and tissues. The recommended daily amount of iron for toddlers aged 1 to 3 years is 6.9mg.

Try to include plenty of iron-rich foods in your toddler's daily diet. The iron in foods such as fish and red meat are most easily absorbed so ideally, a healthy, balanced diet should include at least one serving of meat or fish a day. Other sources of iron include eggs, wholemeal bread, lentils, beans, and dark green leafy vegetables. If your toddler follows a vegetarian diet, you should up their iron intake by serving at least two iron-rich alternative sources a day.

Vitamin C helps the body to absorb iron, so try serving some diluted, unsweetened fruit juice with your toddler's meal or offering a kiwi fruit for dessert – both are good sources of vitamin C.

### Sources of iron:

- 1 tablespoon of spinach 0.6mg
- 1 tablespoon of baked beans 0.6mg
- 20g of chicken breast 0.1mg
- 20g of minced beef 0.5mg
- 1 medium slice of wholemeal bread 0.9mg
- 1 tablespoon of lentils 1mg
- 1 hard-boiled egg 1mg
- 300ml of Aptamil Growing Up Milk 3.6mg

Even with a varied diet, it can be tricky for your toddler to get the recommended amount of iron they need each day. That's why we've created Aptamil Growing Up Milk. Just 300ml a day can provide 40 times the iron found in the same amount of cows' milk. As well as providing over half of your toddler's recommended daily iron intake, it also contains our unique blend of GOS/FOS prebiotics which help support your toddler from the inside. Given as part of a balanced diet, the prebiotics, iron and extra vitamin D and C in Aptamil Growing Up Milk will ensure your toddler gets the nutrition they need.

If you've got any questions about your toddler's diet, call our team of experts on **08457 623 628** Monday to Friday 8am to 8pm. Or you can reach them on our one-to-one online messaging service, Live Chat 9am to 5pm.