

For Parents: Making Sure Your Baby Gets Enough Iron

Iron is one of the key nutrients babies need during their first year of life. Iron helps to transport oxygen throughout the body, which is important for a baby's growth and brain development.

Babies that are only breastfed typically run out of the iron they are born with between 4 and 6 months of age. Your baby's health care provider may give your baby an iron supplement until your baby is ready for solid foods. When your baby is ready for solid foods, make sure your baby is eating foods that contain iron.

Good Sources of Iron:



Iron-fortified infant formula



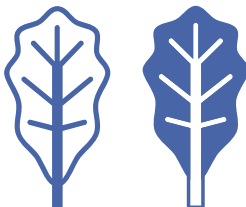
Fortified ready-to-eat cereals



Chicken



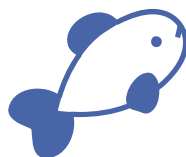
Iron-fortified infant cereal



Leafy green vegetables



Beef



Fish



Beans

Continue reading on the back of this handout about good sources of vitamin C to pair with the iron-rich foods on this page.