

Advice for increasing dietary iron intake

Have at least one good source of iron at each meal time.

	Good sources of Iron
Meats	Lean red meat, turkey and chicken
Fish	Sardines, pilchards, salmon, mackerel and fish paste
Breakfast Cereals	Fortified breakfast cereals e.g. Cornflakes, Coco Pops, Rice Krispies and Wholegrain Cereals
Vegetables	Dark-green leafy vegetables such as watercress and curly kale
Bread	Wholemeal flour, wholemeal bread, wheatgerm, barley, soya flour, cornmeal, cous-cous, chapattis and poppadum
Pulses	Lentils and beans
Fruit	Dried apricots, dates, figs, prunes, sultanas, raisins, blackcurrants and rhubarb
Nuts and Seeds	Cashews, pine nuts, dried coconut, sunflower seeds, almonds, brazils, walnuts and peanuts <i>(Nuts should not be given to children under 2 years unless finely ground)</i>
Eggs	Egg yolk
Other Sources	Yeast extract

Iron is absorbed much better if the meal also includes a source of Vitamin C.

Examples of foods which are good sources of Vitamin C include:

- Oranges
- Orange juice
- Green leafy vegetables
- Tomatoes
- Peppers
- Kiwi
- Strawberries
- Vitamin C enriched drinks

Avoid offering cups of tea with meals, as tea reduces the absorption of iron.