

IRON-RICH FOODS FOR TODDLERS

Heme Iron (Animal)

- Beef (Lean, Ground) High
 - Chicken Thighs Med
 - Turkey Med
 - Sardines High
 - Eggs Med
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Non-Heme Iron (Plant)

- Lentils & Beans High
 - Spinach (Cooked) High
 - Fortified Cereals High
 - Tofu Med
 - Pumpkin Seeds Med
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Iron-Rich Snacks

- Hummus
 - Raisins / Dried Apricots
 - Nut Butters (Thinly spread)
 - Edamame
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Vitamin C Boosters

- Strawberries
 - Bell Peppers
 - Oranges / Citrus
 - Broccoli
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Parenting Tip: Pair Non-Heme (plant) iron with Vitamin C foods to help your toddler's body absorb the iron more effectively. Avoid serving cow's milk directly with meals, as calcium can inhibit iron absorption.

Consult with a pediatrician for specific dietary needs or before starting supplements.