

Babies need iron

Babies grow fast!

An average 7 ½ pound baby can be 15 pounds at 6 months of age, and 20 pounds at 12 months of age.

A baby can triple his birth weight by the time he is 1 year old.

Your baby needs lots of good nutrition during his first year.

Your baby needs iron for his fast growing body.

If your baby does not get enough iron, he may...

- ♥ Be fussy.
- ♥ Grow slowly.
- ♥ Become sick more often.
- ♥ Lack interest in eating.

Breastfeed your baby or use iron fortified infant formula until his first birthday.

Your baby will learn to eat many new foods during his first year of life. Most babies start eating pureed baby foods when they are 6 months old.

Many of these foods are good sources of iron – infant cereal, meat, grains and some green vegetables.



Toddlers need iron too

- ♥ Wean your toddler from the bottle. Toddlers can easily drink a large amount of milk from a bottle. Milk does not have any iron.
- ♥ Watch what your toddler drinks. Some toddlers drink too many liquids and refuse to eat solid foods. Toddlers need 16 ounces of milk each day. More than 24 ounces of milk or 6 ounces of juice in a day is too much! Offer water for thirst.
- ♥ Offer 3 meals each day. Eat with your toddler.
- ♥ Offer 2 to 3 small snacks each day. A few crackers, dry cereal, soft fruits, soft vegetables and cheese slices make easy snacks for toddlers.
- ♥ Offer breakfast cereals high in iron. Toddlers can eat a bowl of cereal for breakfast or snack. Dry cereal is a fun finger food.
- ♥ Offer soft meats twice a day.

Soft Meats

Let your toddler play with his food.
Offer soft meats as finger foods.

- ♥ Ground beef and ground turkey can be used to make casseroles.
- ♥ Mix small pieces of cooked ground meat with noodles, rice or mashed potatoes.
- ♥ Cook chicken, roast beef or pork until it is very tender.
- ♥ Cut meat into very thin or finely chopped pieces.
- ♥ Offer fish. Be careful to remove all the bones.



Are there any foods that will upset my baby if I eat them?

Most breastfeeding moms can eat anything they want with no problems for their baby.

However, your baby may be sensitive to some foods that you eat, when your baby is young and his stomach is not fully mature yet.

Foods that are spicy or gassy could make your baby fussy and uncomfortable. These could be pizza, spicy foods, onions, cabbage, broccoli or beans.

Try to eat different foods, one at a time, to see if your baby reacts to the food.

If your baby seems fussy when you eat a certain food, avoid the food for a few weeks until your baby's stomach matures.

Eat a smaller amount of the food.

Most foods that a mother eats will not bother her baby.

Enjoy all foods in moderation.



What about caffeine?

Coffee, tea and soda with caffeine in moderation are okay when you are breastfeeding.

If you are drinking large amounts of beverages with caffeine – more than 25 ounces of coffee each day, you probably should decrease your intake of caffeine.

Some babies will become wide eyed, active, and even fussy if their breastfeeding mother is drinking large amounts of caffeine.

If you think caffeine is a problem for your baby, stop all caffeine in your diet for a couple weeks. Observe your baby and see if he improves.