



Iron *for baby*

Baby's first foods should be iron-rich



Iron- rich foods come first

Health Canada recommends that first solid foods for babies be iron-rich. Between 6 and 12 months, infants should be offered iron-rich foods (meat, fish, poultry or meat alternatives) two or more times a day.

Baby needs iron for optimal brain development and growth

By 6 months, babies have used up their iron stores so a food source is needed. Beef is one of nature's best sources of iron.



Always follow the infant feeding advice from your health care provider.

Ways to make sure baby gets enough iron

Iron is vital for healthy development. Baby's iron needs are high but their tummies are small. Make every spoonful count. Choose the best food sources of iron and serve them daily.

Iron Boost

Iron from beef, pork, fish and poultry is better absorbed than iron from plant foods such as iron-fortified cereals.

Here are two ways to get an iron boost:

- **Meat Factor: did you know that adding even a small amount of beef, poultry, pork or fish to meals will increase iron absorption by 150%.¹**

- **Vitamin C aids iron absorption.** Add vitamin C rich vegetables and fruits to meals (broccoli, cabbage strawberries).

3 Easy ways to turn "family" meals into baby food

Prepare a healthy meal for the family and modify the texture to suit baby. No special baby food required!



..... Baby's Blend (for 6 to 7 months)

Combine 1 cup thoroughly cooked beef with ½ cup water (or breast milk or formula) in a blender or food processor, blending until smooth. Offer baby a portion size of 1 to 2 tablespoons at each meal to start. Portion out any extras into ice cube trays, wrap tightly with foil and freeze for up to one month.



..... Mashed Mix (for 7 to 9 months)

Combine 1 cup thoroughly cooked beef with ½ cup water (or breast milk or formula) in a blender or food processor, blending until minced. Combine with mashed vegetables if you like. Portion out any extras into ice cube trays, wrap tightly with foil and freeze for up to one month.



..... Finger Food Fun (for 9 to 12 months)

Baby can join the family table, eating foods that are cut into bite-sized pieces that can be managed by baby him/herself.



Watch the video at ThinkBeef.ca/resources

