

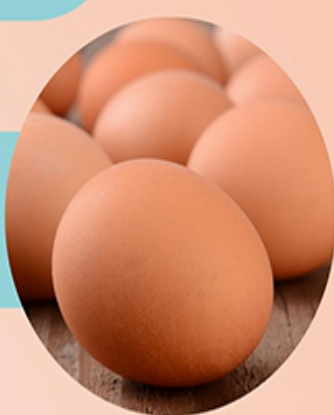


# TOP 5 IRON-RICH FOODS AND ENHANCING THEIR ABSORPTION

## Top 5 Iron-Rich Foods For Toddlers



Chicken Liver



Egg



Spinach



Legumes



Chard

## Ways To Enhance Iron Absorption



Add vitamin C-rich foods to toddlers' iron-rich meal



Don't feed iron-rich foods with high calcium foods, such as milk, cheese, and yogurt



Serve non-heme foods (lentils or fortified cereal) with heme foods (egg or chicken)



Avoid feeding high-fiber foods, such as bran products, with iron-rich foods

## References

- 1 Iron for Your Toddler; Kaiser Permanente
- 2 Pump Up the Diet with Iron; American Academy of Pediatrics