

First Iron Tastes & Options



Your baby needs iron for healthy growth and brain development.

Start solid foods with iron-rich options, and serve iron-rich plant proteins with vitamin C to help absorption.

FOOD EXAMPLES



Animal products, like meats, fish and eggs

Mashed fruit for variety and flavour

Puréed leafy green vegetables, or a smooth lentil/bean purée

Iron-fortified cereal mixed with breastmilk or formula

Offer age-appropriate textures

such as smooth purées or soft, graspable foods if following baby-led weaning. Offer foods many times—babies often need several tries before they accept something new.

