



Feeding the under 3s
the food they need

How to get enough iron in your toddler's diet

Guidance & Tips for Parents

www.littlepeoplesplates.co.uk



IRON: THE FACTS



IRON: MEAL IDEAS RICH
IN IRON



The following ideas for meals and snacks are high in iron and are suitable for toddlers:

Breakfasts

- Breakfast cereals fortified with iron with milk and half a glass of diluted orange juice
- Egg with toast and a glass of diluted fruit juice

Light Meals

- Liver pate in a sandwich or on toast
- Ham or other cold red meat sandwich
- Fish or meat pate sandwich
- Lean bacon sandwich
- Hot dog sausage in bread roll
- Taramasalata and pita bread with citrus fruit segments
- Peanut butter sandwich and cherry tomatoes
- Hummus with bread sticks and slices of kiwi fruit
- Hummus and tortilla chips with two small tomatoes
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- Baked beans on toast with a small green salad
- Baked beans on toast with fingers of red pepper
- Onion bhajis with chapatti

Main Meals

- Any meals with red meat or dark poultry meat
- Salmon and potato fishcakes with stir fried vegetables
- Dhal and chapatti with a slice of mango
- Stir fried tofu with spinach and sweet potato mash

Puddings

- Any puddings with dried fruit along with segments of citrus fruit e.g. oranges or satsumas
- Dried fruit salad with orange juice
- Dried apricots with chocolate buttons
- Banana slices and sultanas

Snacks

- Hummus dip with raw vegetable sticks
- Banana and orange segments
- Slice of fruitcake or dark ginger cake with a glass of diluted orange juice
- Digestive biscuit with a handful of strawberries
- Slice of malt bread with a glass of diluted pineapple juice
- Drinking chocolate made with follow-on or growing up milk
- Breakfast cereals fortified with iron with milk and half a glass of diluted orange juice

See **How to get enough iron in your toddler's diet: the facts** for more information on why toddlers need to get enough iron.



Practical help and information
on nutrition and development

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