

Iron Rich Food Sources For Infants/Toddlers:



- Human Milk
- Oatmeal
- Cow's Milk
- Prunes
- Iron Fortified Formula
- Raisins/Dates
- Iron Fortified cereals
- Tuna/Salmon
- Lean red meats
- Chicken
- Strained liver
- Turkey
- Egg yolk
- Molasses
- Bread-whole grain, enriched white
- Brussel Sprouts
- Carrots, cooked
- Soybeans (edamame)
- Green peas
- Beans-pinto, kidney, lima, black, lentils
- Peaches
- Prune juice
- Canned pears
- Kale, Spinach and other leafy greens
- Oranges
- Apricots
- Tofu
- Hummus
- Baked potato
- Green Pepper
- Broccoli
- Asparagus
- Butternut squash/Summer Squash
- Bok Choy
- Cantaloupe
- Asparagus
- Mushrooms
- Tomatoes
- Peanut Butter-after discussing with your child's provider
- Oysters, clams, shrimp-after discussing with your child's provider