

### Food Guide for Pre-school Children to Improve Iron In-take

Types of food rich in iron (According to food types containing high to low level of iron)	Food types	Number of servings/day	Examples
	Meat and eggs (highest source of iron)	<b>1 serving</b> 1 serving = <ul style="list-style-type: none"> <li>• 1/2 cup cooked fish/poultry/lean meat</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 2 eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Beef (burger, beef liver, corned beef, steak)</li> <li>• Chicken and turkey (breast, thigh, wings, liver)</li> <li>• Fish (haddock, halibut, salmon, tuna) fresh or canned in water</li> <li>• Lamb and pork</li> <li>• Eggs (especially egg yolks)</li> </ul>
	Meat alternatives (medium source of iron)	<b>1 serving</b> 1 serving = 3/4 cup cooked beans or tofu	<ul style="list-style-type: none"> <li>• Beans (chick peas, lima beans, navy beans, kidney beans, lentils); Baked beans (canned)</li> <li>• Tofu (firm)</li> </ul>
	Grain Products (lower source of iron)	<b>3 servings</b> 1 serving = <ul style="list-style-type: none"> <li>• 3/4 cup of cereal/oat-meal / cream of wheat</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 1/2 cup cooked pasta/ rice</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of wheat; Oatmeal; Iron-enriched breakfast cereals (cheerios, corn flakes)</li> <li>• Enriched pasta</li> <li>• Enriched Rice</li> </ul>
	Vegetables and Fruit (lower source of iron)	<b>4 servings</b> 1 serving = <ul style="list-style-type: none"> <li>• 1/2 cup of fresh, frozen or canned vegetable/fruit/ fruit juice</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>• 1 cup of leafy raw vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Spinach</li> <li>• Baked potato with skin</li> <li>• Fresh or dried fruits (apricots, figs, raisins)</li> <li>• Prune juice</li> </ul>

<b>Foods that increase iron absorption</b>	<p>Along with foods rich in iron <b>4 servings/day</b> of vegetable and fruits that contain vitamin C is essential</p> <p>1 serving =</p> <ul style="list-style-type: none"> <li>• 1/2 cup of fresh, frozen or canned vegetable/fruit/ fruit juice</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• 1 cup of leafy raw vegetable</li> </ul>	<p><b><u>Vitamin C containing foods:</u></b></p> <ul style="list-style-type: none"> <li>• Citrus fruits (orange, grapefruit, tomatoes) and juices</li> <li>• Cantaloupe</li> <li>• Kiwifruit</li> <li>• Leafy greens (spinach, cabbage), cauliflower</li> <li>• Broccoli, Brussels sprouts</li> <li>• Green and red peppers</li> </ul>
<b>Dietary habits that prevent development of iron deficiency</b>		<ul style="list-style-type: none"> <li>• Limit cow's milk to 2 cups (16 ounces, or 450 mL) per day</li> <li>• Limit juice to 1/2 to 1 cup (4 to 8 ounces, or 115 to 225 mL) per day</li> <li>• Remove all baby bottles and offer milk, juice and water from a cup</li> <li>• Do not give any tea. Commercial black tea contains substances that bind to iron so it cannot be used by the body.</li> </ul>
<b>Tips to increase iron intake</b>		<ul style="list-style-type: none"> <li>• Adding beef to tomato or pasta sauce</li> <li>• Adding chunks of ham to macaroni and cheese</li> <li>• Serving baked beans with pork and tomato sauce</li> <li>• Sprinkling dried fruit (dates, raisins, prunes, apricots) on cereal</li> <li>• Add dried peas or beans to soups and casseroles</li> </ul>

**References:**

- Health information for families from The Hospital for Sick Children. URL: [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) (accessed on September 26, 2011).
- Eating well with Canada's Food Guide. URL: [www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/view\\_eatwell\\_vue\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf) (accessed on September 26, 2011).
- Loading Up with Iron-rich Foods. Nutrition Matters. Toronto Public Health. URL: [www.toronto.ca/health](http://www.toronto.ca/health) (accessed on September 26, 2011).

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- Nutrition for healthy term infants: Recommendations from 6 to 24 months. Health Canada, Canadian Paediatric Society, Dietitians of Canada and Breastfeeding Committee of Canada; 2013-2014 [cited 2014 August 19th]; Available from: <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>.