

IRON-RICH FOODS FOR GROWING KEIKI

WHY DO WE NEED IRON?

Iron helps oxygen travel through our body to keep us strong and healthy!

ANIMAL SOURCES



Beef



Pork



Chicken



Fish

HOW MUCH IRON DO KIDS NEED?

Infants (7-12 months)	11 mg
Toddlers (1-3 years)	7 mg
Kids (4-8 years)	10 mg
Older Kids (9-13 years)	8 mg
Teen Boys	11 mg
Teen Girls	15 mg

PLANT SOURCES



Tofu



Beans



Dark Green Vegetables



Iron-fortified cereals

SMART IRON TIPS!



Pair with Vitamin C foods



Limit cow's milk intake to <24 oz per day



Offer protein at every meal



Be patient. It can take time for keiki to warm up to new foods