

# IRON & VITAMIN C

Iron is an important mineral that is in food that helps babies grow and develop.

Iron gives babies the energy to learn, play and move. It is great for sleep and supporting immunity too!

The iron in foods is best absorbed when eaten with foods high in Vitamin C.

Vitamin C is found in many fresh, frozen and canned fruits and vegetables. It helps to give babies energy, supports immunity, and helps to make healthy skin, hair and nails. Vitamin C also helps to keep the brain and nervous system working well.



## Iron and Vitamin C make a great pair!

Iron and Vitamin C work together as a team to help the body use iron well.



As babies start to eat food, it's great for them to have foods rich in iron.






Foods with iron are red meats (beef, lamb, pork), poultry, tofu, seafood, green leafy vegetables and some cereals and bread.

Foods with Vitamin C are tomatoes, capsicum, oranges, broccoli, berries, and kiwi fruits.

A mix of iron from animal and plant-based foods, plus Vitamin C rich foods is best.



# Iron & Vitamin C meals

Iron rich food		Vitamin C rich foods		Meal idea
Some cereals or oats. Look for cereals fortified with iron.	+	Strawberries, blueberries or raspberries (fresh or frozen)		Wholegrain cereal or porridge with berries
Eggs and spinach	+	Capsicum, tomatoes, broccoli or cauliflower (slices/pieces)		Mini Egg Muffins with spinach & other veg
Baked beans (reduced-salt tin) and wholegrain bread	+	Oranges slices or other fruit of choice		Baked beans & toast fingers, served with fruit
Lean pork/chicken/beef (cooked strips) or plant-based mince	+	Zucchini and carrot - steamed or boiled		Meatballs with grated zucchini and carrot
Lean pork/chicken/beef (cooked strips) or plant-based mince or lentils	+	Fresh or reduced-salt tinned tomatoes		Spaghetti bolognese with lentils and pasta
Firm tofu (pan fried, oven baked)	+	Capsicum, tomatoes, broccoli or cauliflower (slices/pieces)		Firm tofu fingers with veg slices/pieces

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) or [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



Healthy Beginnings for HNE Kids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.