



Feeding the under 3s  
the food they need

# How to get enough iron in your toddler's diet

Guidance & Tips for Parents

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)



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 fresh fruit slices
- Egg with toast and fresh fruit pieces

## 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
- 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 satumas
- Dried fruit salad with orange segments
- Dried apricots with chocolate buttons
- Banana slices with kiwi fruit

## Snacks

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

See [How to get enough iron in your toddler's diet: the facts](#) for more information on why toddlers need to get enough iron.