

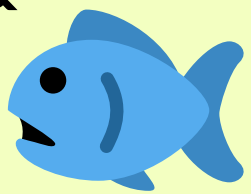
# IRON RICH FLAVOURS

Starting with Iron rich foods at 6 months is essential for baby's growth, development and health. These should be your infant's first foods.

Offer 2-3 times each day.

## Preparation Tips for Iron Rich Foods

### Meat & Fish



Sauté, boil, braise, steam or poach. Remove skin, bones, cartilage, stringy/tough pieces and trim any excess fat. Cook meats until they are brown and liquids run clear.

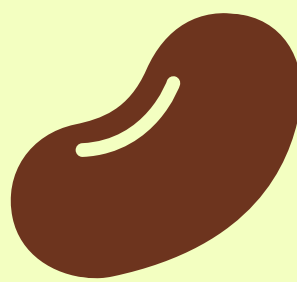
### Eggs



Scramble in a pan, boil or mash. Cook well throughout.

### Beans & Legumes

Canned beans/legumes should be drained and rinsed for one minute under running water.



### Tofu

Medium - Firm tofu cut into strips. Bake or sauté - well cooked.



### Leafy Greens



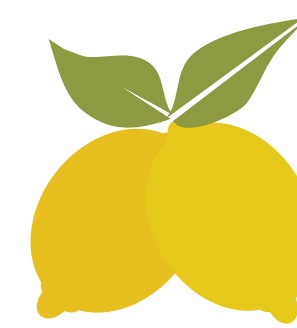
Boil, bake, sauté, or steam. To help the body absorb iron, eat with a meat source or foods high in vitamin C, such as oranges or tomatoes.

### Iron Fortified Cereal

Mix iron-fortified baby cereal with breast milk or formula to achieve desired consistency.



Offer baby the same foods as the rest of the family, provided the texture is suitable and there is not any added salt or sugar. Progress to flavours your family enjoys.



## Safe flavours and tips

- Add breastmilk or formula to moisten pureed and minced meat.
- Add back natural juices from cooked meat or fish for additional moisture and flavour.
- Lemon zest pairs well with poultry.
- Garlic, fresh or powdered, will add flavour to any meat.
- Finely diced onion may be cooked with meats, fish, legumes etc.
- Cook fish with fresh, minced dill.
- Herbs such as parsley, rosemary, thyme and basil increase aroma and flavour.
- Sprinkle cinnamon or nutmeg onto iron fortified cereal.

**Avoid** added salt, sugar/sweeteners including honey and hot spices.

Allow baby to experience the natural flavour of foods. Foods may taste bland to you, but flavourful to baby.

Do not offer any processed meats such as ham, hot dogs, sausages or salami.

These foods can put babies at higher risk for food poisoning and are also too high in salt.

