



FUELLED BY IRON

Practical tips and iron-rich meal ideas
for babies and toddlers

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Why does my baby/toddler need iron?

Babies need a lot of iron because they are growing so rapidly. In the first 12 months, their birth weight almost triples.

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Iron is essential for babies and toddlers:

- To help them grow at a normal rate.
- To carry oxygen to their brain and muscles.
- For brain development and to help them learn.
- To help them develop physically.
- To help fight infection.
- To help maintain energy levels.
- To help convert the food they eat or drink into energy.

What are the best iron-rich foods?

Iron is found in a number of foods, however not all iron is the same.

Haem iron is easily absorbed, with up to a quarter being used by the body. Non-haem iron is less absorbable. Eating haem iron foods and vitamin C-rich foods can enhance absorption of non-haem iron foods.

Eating a combination of foods high in both haem and non-haem iron helps provide babies and toddlers with an iron-rich diet.

FACT Complementary feeding means the adding of food and drink (other than breast milk or infant formula) into your baby's diet from around six months.

TIP

Offer iron-rich foods with vegetables and fruit across the day.



IRON-RICH FOODS

Haem iron foods (more absorbable)

- Liver*, kidney
- Lean beef, lamb, pork, venison
- Lean poultry (e.g. chicken)
- Seafood, including canned fish

**While liver is an excellent source of iron, it is also high in vitamin A. Vitamin A is important for health but too much can be harmful to babies. Limit cooked liver to 15 grams per week.*

Non-haem iron foods (less absorbable)

- Iron-fortified infant cereal
- Tofu
- Lentils, chickpeas, cooked dried beans
- Wholegrains (e.g. non-grainy wholemeal bread and porridge**)
- Leafy green vegetables (e.g. silverbeet and spinach)
- Nuts, seeds*** (finely chopped or as a nut butter)
- Eggs
- Pūha, taro leaves

** From 8 months

*** Whole nuts and large seeds are not recommended until at least five years of age

Why are iron-rich foods so important?

For the first six months, babies get all the iron they need from their own iron stores combined with breast milk or infant formula.

At around six months, it becomes increasingly difficult to meet nutrient requirements from breast milk or infant formula alone. Stores of iron are likely to be running low by six months, so this essential mineral must be supplied by complementary food or "solids".

It is important to offer foods containing easily absorbed haem iron, as well as non-haem sources to ensure iron needs are met. Parents choosing vegetarian or vegan diets should seek expert advice from a Registered Dietitian or Registered Nutritionist.

TIP

When first introducing liver to your baby, keep an uncooked piece in the freezer and simply grate a small amount of frozen liver into simmering, almost cooked vegetables in final 5 minutes of cooking before puréeing.

How to meet your baby or toddler's iron needs

Babies

From around six months onwards your baby's iron needs can be met with a combination of food and breast milk or infant formula. Some iron-rich foods include:

- Cooked lean red meats, chicken, fish or seafood in the appropriate texture.
- Cooked tofu, beans or lentils in the appropriate texture (served with vitamin C-rich vegetables or fruit).
- Iron-fortified infant cereal, e.g. baby rice.

Toddlers

Your older baby or toddler's iron needs can be met by making sure they eat a variety of healthy meals and snacks each day. Offer your toddler foods from each of the four main food groups:

- Legumes (such as lentils, tofu, beans), nut butters, eggs, fish, seafood and chicken, or lean red meat.
- Vegetables and fruit.
- Grain foods (such as iron-fortified cereal e.g. wheat breakfast biscuits, porridge, bread, noodles, and pasta).
- Milk and milk products (such as yoghurt and cheese) or suitable fortified alternatives.

Could my baby or toddler be iron deficient?

If you can tick any of the boxes below, or are concerned about your child's iron level, talk to your GP.

- Recurrent infections
- Grumpy and irritable
- Tired and lethargic
- Difficulty sleeping
- Pale skin
- Feels the cold
- Reduced appetite
- Reduced weight gain
- Digestive problems
- Pica (desire to eat non-food items)



How much food does my baby need?

Babies and toddlers are good at knowing when they are hungry and when they are full. When first introducing solids to babies, try 1/2 - 2 teaspoons at a time and slowly increase the amount you give your baby. Every baby is unique; some days they will eat more than other days.

Offer small amounts of nutritious foods each day and trust your baby to decide how much to eat. Variation is key to introduce the baby to different flavours and tastes (e.g. savoury, sweet and bitter). A happy, contented baby, that is growing well, can be a sign they are getting all the nutrients they need.

Signs your baby is ready to start solids:

A baby is ready to start solids if they:

- Are around six months old.
- Hold their head up and sit with less help.
- Open their mouth as food approaches or the spoon touches their lips.
- Can keep food in their mouth and swallow it, instead of pushing the food out.
- Shows signs of biting and chewing.
- Shows interest in food (e.g. watches others eat, hand goes in mouth or leans forward to reach for/points to food).

Allergies

The most common foods that cause allergic reactions are: eggs, peanuts, cow's milk, tree nuts, soy, sesame seeds, wheat, fish and shellfish. It's important to exercise caution if there is a family history with a food allergy and discuss with a health professional.

Baby-led weaning

Baby-led weaning is a style of introducing solids that lets babies feed themselves whole pieces of softened food, rather than purées.

While there is some research exploring it, baby-led weaning is not currently recommended by the Ministry of Health.



IMPORTANT TIPS FOR IRON INTAKE

Tea

Black and green teas can stop iron being absorbed in the body. Don't give tea to your baby or toddler.

Cow's milk

Whole-fat cow's milk (dark blue label) is a healthy drink for toddlers over 12 months of age. Most toddlers can have around 350mls a day (1½ cups) if they are not breastfeeding. Breastfed toddlers may need less depending on how often they are breastfeeding.

- Drinking too much milk is filling for a toddler's small stomach and may reduce the amount of food they eat.
- Calcium prevents iron being absorbed from the foods your child eats, so avoid giving milk just before, during or after meals.

Vitamin C

Serve meals and snacks with foods high in vitamin C (such as broccoli, potatoes and kiwifruit) to help the body absorb more non-haem iron.



Should I be concerned if my toddler is a fussy eater?

Fussy or picky eating in children is common and is a natural part of child development. Fussy eating may start at around 18 months and can last for up to a year. Your toddler might eat everything on their plate one day, but refuse even their favourite foods the next, even if they've previously been very good eaters. If fussy eating persists, it can lead to lower intakes of important nutrients, such as iron.

If a toddler is picky about the foods they eat, it may help to:

- Ensure they are hungry when they sit down to a meal (offer the last snack at least 90 minutes before a meal).
- Provide small portions with a variety of offerings at each meal, such as vegetables and fruit along with protein foods (lean red meat, chicken, fish, egg, legumes etc) and carbohydrate foods (bread, pasta etc).
- Keep mealtime routines calm and stress-free.
- Don't give up. Sometimes it can take at least 10 tries before your child accepts a new food.
- Demonstrate good role modelling by sitting at the table and talking positively about the food. Your child is more likely to eat healthy foods if you eat them too.
- Try giving your child food prepared in different ways. For example, they might not like boiled potatoes but will eat mashed potato.
- Praise your child when they try a new food or eat something they have said they dislike.
- Reward your child with attention and hugs instead of food treats such as sweets.
- Resist the temptation to replace the offered food with a favourite food.
- End the meal within a reasonable time (e.g. 30 minutes) and remove the plate without comment.

If your child isn't growing properly or you are concerned about their eating, contact your GP for further advice.

TIP Once your baby is comfortable eating red meat, you can begin preparing meals for them from the family meal. Meals need to be bland for your baby, but flavours can be added at the end of cooking for the rest of the family, as indicated in the following recipes. Serve size on the following recipes is indicative only and is based on a family of two adults, a baby and/or toddler.

Your Child's Food Journey

Smooth Purée Stage

Babies around 6 months

(No earlier than 4 months and no later than 7 months)



To begin with, make your baby's puréed foods very soft, smooth and moist. Purée cooked meat and cooked vegetables using a blender, food processor or fine sieve. Mix with breast milk or infant formula to make the food smooth and runny. Start by **offering 1/2 - 2 teaspoons a day after their breast milk or infant formula feed**, using a small, shallow teaspoon. Slowly increase the amount you offer each day to eventually be one meal. Some babies may eat less or more than others, so feed according to signs of hunger and fullness.

Never force or pressure your baby to eat. Babies may prefer some tastes more than others. If baby spits out a new food try offering the food on a different day until it becomes familiar. **It is important to only offer puréed foods for a few weeks so baby can develop biting and chewing skills.**

Mashed/Lumpy Stage

Babies around 6½ -7 months

(Or a few weeks after starting the smooth stage)



Introducing texture into your baby's food encourages your baby to learn to bite, chew, and develop muscles for speech. Mash or chop cooked meat and vegetables coarsely in a food processor. At this stage baby might enjoy around two food meals a day, depending on their appetite. **Continue offering food after breast milk or infant formula feeds.** In addition, large pieces of cooked or ripe soft finger foods (without skins, pips or seeds) that the baby can grasp and bring to their mouth can also be offered.

Minced and Finely Chopped Stage

Babies from 8 months



By eight months of age, babies are able to have a little more texture in their meals with minced and finely chopped foods. At this stage, a baby can also feed themselves finger foods and can bring a spoon to their mouth. Slice cooked and tender meat into short strips and serve with cooked vegetables and fruit sticks, avocado slices or bread/toast fingers. Homemade meatballs are a popular choice. Babies might enjoy eating two to three food meals per day, depending on appetite. You can begin **offering food before breast milk or infant formula feeds.**

Continue to offer a range of different tastes and textures at 10 months, including small pieces of family foods where appropriate. **It is important to never leave your baby alone when eating.**

Toddler/Family Food

Around 12 months



Toddlers should be encouraged to eat family meals. You may find some days they happily eat anything, whereas other days they pick like sparrows. This is perfectly normal. Although not growing as fast as babies, toddlers are very active and still need plenty of iron. They often eat small meals, so ensure their food is nutritious and contains easily absorbed iron (see page 3) with no added salt or sugar. Preparing separate meals for toddlers is unnecessary and unhelpful for the toddler's development.

No single food provides all your toddler's nutrient needs - variety is the key.



Iron-rich recipes for you, your baby and toddler

Baby's Beef Mince with Kūmara

Serves: 10

Prep time: 10 mins

Cook time: 15 mins

This iron-rich recipe is great to use as one of baby's first meals, and is an excellent way to introduce meat. It makes enough for freezing - do this in small single serve jars once cooled. Or freeze in ice cube trays. Once frozen, transfer to a plastic bag, seal, and return to freezer.

INGREDIENTS

200g Quality Mark lean beef mince

200g kūmara (or pumpkin), *peeled and cubed*

200g green apples (or any apples you may have), *peeled and cubed with core and seeds removed*

1 cup water

METHOD

1. Put apple, kūmara and broken up mince into a saucepan. Add water and slowly bring to the boil.
2. Simmer gently for 15-20 minutes or until all ingredients are cooked through and soft. The mince should be brown, not pink.
3. Purée all ingredients to a smooth consistency. Add a small amount of additional boiled water if needed.

TIP

Including iron-rich leafy green vegetables from around six months of age is advised.

Pop a leaf of chopped silverbeet or a handful of spinach into the saucepan towards the end of the cooking time.



Shepherd's Pie

Serves: 10

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

500g Quality Mark lean beef or lamb mince

1 Tbsp oil

400g can chopped tomatoes

1/2 cup water

1 stalk celery, *finely chopped*

6 button mushrooms, *sliced*

1 carrot, *peeled and finely chopped*

1 courgette and/or seasonal green vegetable, *finely chopped*

4 large Agria potatoes, *peeled and quartered*

TIP

Babies and toddlers shouldn't have salt added to their foods. Adults and older children can season their serving at the table.

METHOD

1. Pre-heat oven to 180°C.
2. Brown mince in the oil in a hot pan, breaking the mince up into small pieces with the back of a spoon.
3. Stir in canned tomatoes, 1/2 cup of water and all the vegetables except the potatoes.
4. Cover and simmer gently for 15 minutes.
5. Boil the potatoes in a pot of unsalted water until tender. Drain and mash.
6. Spoon mince and vegetable mixture into a pie dish and top with mashed potato. Use a fork to rough up the top of the mashed potatoes.
7. Bake at 180°C for 15 minutes or until top is golden.
8. Serve with steamed green vegetables in a texture suitable for your baby/toddler.



Smooth Stage

Babies around 6 months

At this age purée the meat and vegetable mixture. Mix with a little breast milk, infant formula, or boiled water if necessary to achieve a smooth consistency.



Mashed/Lumpy Stage

Babies around 6½ - 7 months

Mash the meat and vegetable mixture to a lumpy, mashed consistency so your baby can experience the different textures.



Minced and Finely Chopped Stage

Babies from 8 months

Serve the layers separately so your baby can experience different tastes, textures and colours. Serve with some steamed green vegetables finely chopped into bite-sized pieces.



Toddler/Family Food From 12 months

For additional flavours, add cooked garlic and/or herbs when simmering the mince. Serve as you would for the rest of the family, and place in a bowl with steamed green vegetables. Encourage your toddler to eat with a fork.



Iron-Rich Casserole

Serves: 12

Prep time: 10 mins

Cook time: 2 hours 30 mins

Offal, such as liver and kidney, is packed full of nutrients including iron. This rustic recipe is a tasty and gentle introduction for baby and the whole family. However, if kidney is not your thing, simply swap it out for more beef steak.

INGREDIENTS

400g Quality Mark lean beef blade steak (*some butchers have prepared packs of steak & kidney*)

150g beef or sheep kidney

1 Tbsp olive oil

1 onion, *chopped*

2 celery stalks, *finely sliced*

2 carrots, *peeled and chopped*

2 medium sized potatoes, *peeled and roughly chopped*

1 medium sized golden kūmara, *peeled and roughly chopped*

1 tsp dried thyme

2 cups beef stock (use low salt) or water (if cooking for a younger baby)

3 Tbsp Worcestershire sauce

1 Tbsp cornflour combined with ¼ cup of water

2 Tbsp parsley, *finely chopped*

METHOD

1. Pre-heat oven to 170°C.
2. Trim and discard any excess fat off the steak and cut into 2cm cubes.
3. To prepare the kidneys, halve and discard the fatty white cores and slice into small bite size pieces.
4. Heat oil in a large fry-pan or stove-top casserole dish. Fry the onion and celery on a moderate heat for a few minutes until the onion has softened a little.
5. Add the carrot, potato and kūmara, and continue frying for several minutes.
6. Stir through beef and kidney and continue frying until they have browned a little. If you're not using a stove-top casserole dish, transfer everything to a casserole dish at this point.
7. Add the thyme and beef stock (or water if cooking for younger babies) and put the lid on the casserole dish. Place in the oven for 1½ - 2 hours, stirring occasionally, and cook until meat is tender.
8. **If cooking for a young baby or toddler, remove some of the casserole at this stage and purée, mash or chop it.**
9. For older children and adults add the Worcestershire sauce, combined cornflour and water, stir through and return to the oven uncovered for another 5-10 minutes until sauce has thickened.
10. Garnish with parsley. Serve alongside steamed green vegetables.



Smooth Stage

Babies around 6 months

At step 8 of the recipe method, take out some meat, kidney, vegetables and casserole liquid and purée to a smooth paste.



Mashed/Lumpy Stage

Babies around 6½ - 7 months

Mash the mixture into a lumpy consistency. If the meat doesn't mash well, you may need to shred it with a fork.



Minced and Finely Chopped Stage

Babies from 8 months

Serve with some steamed green vegetables finely chopped into bite-sized pieces.



Toddler/Family Food

From 12 months

Serve as you would for the rest of the family but chop up any larger pieces of meat or vegetables. Encourage your toddler to eat with a fork.



TIP

For busy and tired parents skip the frying steps and place all ingredients (except for the Worcestershire Sauce) in the crockpot. Cook on low for 6-8 hours.

Moroccan Diced Lamb

Serves: 10

Prep time: 10 mins

Cook time: 1 hour 30 mins

INGREDIENTS

500g Quality Mark diced lamb

1 Tbsp oil

1 onion, *diced*

½ tsp ground cumin

½ tsp paprika

1 carrot, *peeled and diced*

12 dried apricots, *diced*

390g can chickpeas

1 cup reduced salt beef stock OR

1 cup of water (if cooking for a younger baby)

METHOD

1. Pre-heat oven to 160°C.
2. Heat oil in a frying pan and brown diced lamb well. Place in a casserole dish.
3. Add the onion, cumin and paprika to the pan and cook in the residual oil until lightly brown. Scatter over the lamb.
4. Add carrots, apricots, chickpeas (including liquid from the can) and stock (or water if cooking for a younger baby).
5. Place lidded casserole dish in oven and cook at 160°C for approximately 1½ hours until the lamb is tender.
6. Serve with seasonal vegetables and mashed potato, rice or couscous.



Smooth Stage

Babies around 6 months

Purée the meat and vegetable mixture. Mix with a little breast milk or infant formula if necessary to achieve a smooth consistency.



Mashed/Lumpy Stage

Babies around 6½ - 7 months

Mash the meat, chickpeas and vegetables into a lumpy, mashed consistency so your baby can experience the different textures.



Minced and Finely Chopped Stage

Babies from 8 months

Finely chop up any large pieces of meat and serve with mashed potato, rice or couscous and chopped steamed vegetables.



Toddler/Family Food

From 12 months

Serve as you would for the rest of the family but chop up any larger pieces of meat or vegetables. Encourage your toddler to eat with a fork.

Meaty Hot Pot

Serves: 10

Prep time: 15 mins

Cook time: 1 hour 30 mins

INGREDIENTS

500g diced Quality Mark beef or lamb casserole meat, such as beef chuck, blade steak or boneless lamb

420g can baked beans

½ small swede or kūmara, *peeled and cubed*

2 carrots, *peeled and chopped*

1 onion, *chopped*

2 Tbsp tomato purée

1¼ cups water

2 large potatoes, *peeled and thinly sliced*

1 tsp oil

METHOD

1. Pre-heat the oven to 180°C.
2. In a large casserole dish, mix together the meat, beans, swede or kūmara, carrots, onion and tomato purée.
3. Stir the water into the casserole mix.
4. Cover and cook at 180°C for half an hour.
5. Remove the casserole from the oven and top with sliced potatoes, brushed with oil.
6. Return to the oven, uncovered for 1 hour. Serve with seasonal vegetables.



Smooth Stage

Babies around 6 months

Purée the meat and vegetables. Mix with a little breast milk or infant formula if necessary to achieve a smooth consistency.



Mashed/Lumpy Stage

Babies around 6½ - 7 months

Mash the meat and vegetables to a lumpy, mashed consistency.



Minced and Finely Chopped Stage

Babies from 8 months

Chop up the large pieces of meat and vegetables into bite-sized pieces and serve the layers separately so your baby can experience different tastes, textures and colours.



Toddler/Family Food

From 12 months

Serve as you would for the rest of the family, but chop up any larger pieces of meat and vegetables as necessary. Encourage your toddler to use a fork.

Toddler Spaghetti Bolognese

Serves: 5

Prep time: 5 mins

Cook time: 35 mins

This Bolognese can also be served to babies. Simply replace beef stock with water to reduce the amount of salt in the sauce. Purée, mash or chop up baby's portion.

INGREDIENTS

500g Quality Mark lean beef or lamb mince

1 onion, *finely chopped*

2 Tbsp olive oil

1 garlic clove, *crushed*

1 tsp dried basil

1 tsp dried oregano

2 Tbsp tomato paste

1 red capsicum, *finely diced*

1 carrot, *grated*

1 courgette, *grated*

400g can chopped tomatoes

2 cups beef stock (salt reduced) or 2 cups of water (if cooking for a younger baby)

½ cup parsley, *chopped*

½ cup Cheddar cheese (optional), *grated*

Cooked spaghetti

METHOD

1. In a large frypan sauté onion in olive oil until translucent.
2. Add mince, garlic and dried herbs, fry until mince is browned (about 5 minutes).
3. Add tomato paste and capsicum and fry for 1 minute.
4. Add other vegetables, tomatoes and beef stock (or water if cooking for babies).
5. Simmer with the lid off for around 15-20 minutes, until all vegetables are cooked and sauce is reduced.
6. Halfway through cooking mince, start cooking spaghetti as per packet instructions.
7. Serve Bolognese over cooked spaghetti and sprinkle with cheddar cheese and parsley. Serve with seasonal green vegetables in a texture suitable for your baby or toddler.



TIP
Maximise iron absorption by serving the meatballs with green vegetables, such as cooked silverbeet or broccoli, and food high in vitamin C, such as capsicums, kiwifruits and mandarins.

Toddler Meatballs

Serves: 8

Prep time: 45 mins

Cook time: 15 mins

These meatballs are great to have on hand for your toddler or older baby and can be made, fried, frozen then defrosted and reheated to serve as a meal when needed.

INGREDIENTS

500g Quality Mark lean beef mince

1-2 slices wheatmeal bread

½ onion, *finely chopped or grated*

1 carrot, *peeled and grated*

1 egg, *lightly whisked*

1 tsp mixed herbs

1 garlic clove, *crushed*

1 Tbsp olive oil

Plain flour

METHOD

1. Whizz the bread in a food processor. Alternatively, cut off the crusts from the bread, wet it quickly under the tap and rip into pieces before transferring to a mixing bowl.
2. Place the bread, mince, onion, carrot, egg, herbs and garlic in a bowl and mix until well-combined. This is best done with clean hands.
3. Roll mince mixture into approximately 24 small balls, toss each ball lightly in plain flour and place on plates covered with grease-proof paper. Pop in the fridge for at least half an hour prior to frying.
4. In a frypan, over a medium heat fry meatballs. Turning them until they are nicely browned on all sides and no longer pink inside. Do this in two batches.
5. Serve with cooked vegetables, kūmara (or pasta) and fruit. Alternatively, serve cold as a snack food.

Ages and Stages of Introducing Foods

AGE	IRON STATUS	FOOD TEXTURE	FOOD NEEDS	SPECIAL NOTES
BIRTH TO AROUND 6 MONTHS	Good iron stores at birth	Liquid	Breast milk or infant formula feeds only	Don't introduce cow's milk. Solids should commence around six months, unless discussed with a health practitioner.
AROUND 6 MONTHS	Baby's iron stores are diminishing. Breast milk or infant formula alone cannot support iron levels, therefore complementary foods should be introduced when baby is showing signs of readiness.	Smooth purée (see page 8)	<ul style="list-style-type: none"> Puréed, cooked meats (e.g. lamb, beef, pork, liver*, kidney), chicken, fish and seafood Iron-fortified infant cereal (e.g. baby rice) Puréed and cooked vegetables without skin (e.g. kūmara, pumpkin, potato, cassava, squash, carrots, and taro) Steamed and puréed vegetables (e.g. broccoli, cauliflower, spinach, pūha, watercress, taro leaves, bok choy, Chinese broccoli, and choy sum) Puréed, cooked fruit without skin, pips or seeds (e.g. apple, pear, apricot, and plums) 	<p>Offer puréed food after breast milk or infant formula.</p> <p>Start with ½ - 2 teaspoons of mixed meals or new foods. Babies can eventually have one meal per day of puréed food.</p>
AROUND 6½ - 9 MONTHS	Baby has high iron needs	<p>Mashed/lumpy foods + soft finger food from around 6½ - 7 months</p> <p>Minced and finely chopped + finger foods from around 8 - 9 months (see pages 8-9)</p>	<p>Mashed/lumpy foods + soft finger food</p> <ul style="list-style-type: none"> Cooked and mashed (or very soft) vegetables and fruit without skin, pips, or seeds. Mashed (or very soft/ripe) raw fruit (e.g. banana, papaya, avocado) Minced meat (e.g. beef, lamb, chicken, pork) Cooked and mashed fish (no bones) and eggs (fully cooked) Cooked and mashed tofu, beans, lentils (served with vitamin C rich vegetables or fruit) Breakfast cereals (e.g. porridge, wheat biscuits) Whole-fat yoghurt, cottage cheese <p>Minced and finely chopped + finger foods</p> <ul style="list-style-type: none"> Cooked, minced/shredded/tender/finely chopped meat, chicken and seafood Soft fruit, cooked vegetables, and finely chopped/grated raw salad vegetables (e.g. lettuce) or fruit (e.g. quartered grapes) Foods that can be cut into wedges or sticks (e.g. wholegrain toast, omelette, tofu, cheese, polenta, and boiled eggs) Dissolvable rice cakes, corn thins, and crackers 	<p>Offer solids after breast milk or infant formula feeds.</p> <p>Babies can have two meals per day at the mashed/lumpy stage.</p> <p>Babies can have two to three meals at the minced and finely chopped staged before offering breast milk or infant formula.</p>
AROUND 10 - 12 MONTHS	Baby has high iron needs	<p>Small pieces of family food from 10 - 12 months</p> <p>Toddler/Family meals from 12 months (see page 9)</p>	Family foods and meals which are nutritious; low in sodium/salt; and have no added sugar	<p>Offer solids before breast milk or infant formula. Whole-fat cow's milk is acceptable from 12 months (350ml/day).</p> <p>Baby's can have three meals per day plus one to two snacks if needed.</p>

*While liver is an excellent source of iron, it is also high in vitamin A. Vitamin A is important for health but too much can be harmful to babies. Limit liver to no more than 15 grams a week.

Acknowledgements

Jeanette Rapson, Registered Dietitian

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This resource has been written in line with the 2021 Ministry of Health, Healthy Eating Guidelines for New Zealand Babies and Toddlers (0-2 years).



BEEF + LAMB

NEW ZEALAND

Health problems may result from an inadequate diet. They may also have a medical basis unrelated to diet. The information in this leaflet is only general and is not to be taken as a substitute for medical advice in relation to specific symptoms or health concerns.

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