Iron deficiencies

Due to a restricted diet your child may develop an iron deficiency. Signs of low iron in children can include: pale skin, PICA (the eating of inedible objects) and lack of energy.

Very good sources of iron in food can include:

- liver
- seafood
- cooked beans
- tofu
- breakfast cereal enriched with iron
- pumpkin, sesame or squash seeds

Other good sources of iron can include:

- meat (beef, mince, lamb and turkey)
- canned sardines
- chickpeas, lentils or split peas
- broccoli
- dried apricots
- baked potato (skin on)
- leafy greens veg (kale)

Food containing small amounts of iron:

- fish (halibut, haddock, salmon and tuna)
- ham and chicken
- nuts (peanuts, pecans, walnuts, pistachios. roasted almonds, roasted cashews and sunflower seeds). Be vigilant of any nut allergies.
- raisins and prunes
- spinach and green peppers
- pasta and rice

Other useful tips

Some iron rich foods can help your body to absorb iron, whereas other foods may not be as helpful.

Foods/drinks to avoid when consuming iron rich meals:

- drinking tea or coffee
- consuming calcium rich foods/drinks such as milk, cheese and yogurt.

Foods/drinks that compliment iron rich meals:

- sources of vitamin C such as orange juice, broccoli or strawberries.

Multivitamins* to support iron development:

- ASDA Kids 60 Chewable Multivitamins & Minerals Berry Flavour 1 A Day 60 Tablets for ages 3+
- Boots 3 years + plus A-Z Multivitamin + Minerals - 30 Chewable Tablets
- Holland & Barrett Kids Multivitamin 30 Gummies ages 3+
- Morrisons Kids Chewable Multivitamins ages 3+
- Tesco Kids Chewable Multivitamins Plus Minerals X 90 ages 3+

Please note that while all the multivitamins listed here contain iron, not all multivitamins do. Always check the ingredients list on the packaging to confirm iron content. Always check the suitability of multivitamins before buying. Look for guidelines on the recommended age, dosage, and any ingredients that may cause an allergic reaction.

Alternatives to chewable multivitamins:

- Natures Aid Mini Drops Multi-Vitamin 50ml
- Natures Aid Mini Drops Iron 50ml
- Nutrigen Vitamix Sprinkles 30 Sachets