

Oral Health Message

Brush teeth and gums at bedtime and on at least one other occasion for 2 minutes daily. Use toothpaste containing at least 1450 parts per million (ppm) fluoride (see toothpaste tube for details). From 0 to 3 years use a smear of toothpaste and 3 years and above a pea sized amount.

Keep sugary foods and drinks to mealtimes and consume on no more than 4 times daily. Everyone should have regular dental check-ups (whether you have natural teeth or not) to make sure your mouth stays healthy.

If you need help to find an NHS dentist call Fife Dental Advice Line on 01592 226555.

Contact Details:

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How Can My Child Avoid Anaemia?

A Guide For the 0-5's



Why is iron important for my child?

Iron helps your child to grow and develop normally and to stay healthy.

What happens if my child doesn't get enough iron in the diet?

Your child may become anaemic.

If your child is anaemic they may have symptoms like:

Lack of appetite	Delayed development
Poor weight gain/ growth	Increased risk of infection
Tiredness	Pale skin

What causes of iron deficiency anaemia in young children?

- Cows milk as the main drink before 1 year old
- Late weaning – after 8 months
- Eating a limited range of foods
- Avoiding red meat and other good sources of iron



Snacks Ideas

Fresh fruit
A glass of milk
Dried fruit
Raw vegetables
Fortified breakfast cereal
Toast, fruit bread, scones or malt loaf
Smooth nut butter on bread

General Tips

Mealtimes should be fun. Eating together as a family encourages your child to copy eating and drinking behaviour.

Try to offer regular meals and snacks at set times e.g. 3 meals (breakfast, lunch and tea) and 3 snacks (mid morning, mid afternoon and before bed).



If you let your child snack whenever they want to, they may not feel hungry for the next meal. Try to avoid drinks and snacks within an hour of a meal.

Your child needs to have no more than one small drink at the end of each meal and at snack times.

Meal Ideas

Breakfast Ideas
Fortified cereal and milk
Wholemeal toast with jam or marmalade
Poached egg and baked beans
Boiled egg and soldiers (<i>wholemeal bread finger</i>)
Served with a glass of fresh fruit juice or a portion of fruit

Lunch Ideas
Hummus, egg and tomato or meat/pate sandwich
Baked beans in tomato sauce on toast
Sardines/mackerel in tomato sauce on toast
Dahl with chapattis
Lentil soup with wholemeal bread
Served with a glass of fresh fruit juice, or fruit

Evening Meal Ideas
Mince with potatoes and peas
Corned beef hash with green beans and peas
Roast chicken with roast potatoes, carrots and broccoli
Fried liver with peppers in a tortilla wrap
Bean/lentil casserole with broccoli and peas
Beef burgers in wholemeal bun, potatoes and mixed green vegetables
Served with a glass of fresh fruit juice, or fruit

What can I do to prevent my child from becoming iron deficient?

- Use breast milk or infant formula as the main drink until your child is 12 months old. Cow's milk is a poor source of iron.
- Give foods rich in iron from 6 months. Include a variety of iron containing foods every day (*see the suggested meal ideas*).
- Limit cows milk intake to no more than 1 pint (600ml) per day. More than this may lead to less food being eaten.
- Try to limit your child's intake of drinks like juice or water if their appetite is poor. Small amounts (100ml) several times throughout the day will be plenty without spoiling their appetite.
- Tea stops the body from absorbing iron. It is not recommended as a drink for young children.
- Foods that contain bran are not suitable for infants or young children. They reduce iron absorption.

Which foods are rich in iron?

Animal foods are the best sources of iron in the diet. Red meats and offal are particularly good.

MEAT	Beef, lamb, pork or ham, corned beef, mince, sausages and beef burgers
POULTRY	Chicken and turkey
OFFAL	Liver e.g. liver pate and kidney
OILY FISH	Sardines, pilchards and mackerel

Liver is a rich source of vitamin A. It can be harmful to children in large amounts. We recommend that your child should have no more than 1 portion each week.

Which non-meat foods are good sources of iron?

CEREALS	Fortified breakfast cereals (<i>at least 8mg iron per 100g</i>) and bread, especially wholemeal
BEANS/PULSES	Baked beans in tomato sauce, kidney beans, chick peas, and lentils
VEGETABLES	Spinach, broccoli, green peas and cabbage
EGGS	Boiled, poached, scrambled or in egg based dishes
DRIED FRUIT	Raisins and sultanas



How can you help the body to absorb the iron?

Food rich in Vitamin C can help the body absorb iron if eaten as part of the same meal. This is especially important if your child does not eat meat.

The following foods are rich in vitamin C:

FRUITS	Oranges, tangerines, grapefruit, strawberries, raspberries, blackcurrants and kiwi
JUICES	Fresh fruit juice
POTATOES	<i>Cooked any way</i> - mashed, boiled, roasted, baked, sautéed or fried
VEGETABLES	Tomatoes, peppers, broccoli, spinach & sprouts
CORDIAL	Squash or diluting juice enriched with Vitamin C

