

Iron and Your Toddler



HERITAGE
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Iron is an essential nutrient for infants and children. Iron deficiency happens when the body's iron supply becomes too low. If unrecognized and untreated, it can impact growth, development, and behavior. In the US, up to 15% of toddlers are iron deficient. The American Academy of Pediatrics recommends screening for iron deficiency anemia at least once in toddlers. Children found to have iron deficiency anemia, should take supplemental iron and follow dietary measure to improve iron intake.

Dr. Crews recommends the following iron drops for iron-deficient toddlers:

- NovaFerrum Liquid Iron Pediatric Drops (Elemental iron 15mg/mL)
 - For 11-22 pounds, give 1.5mL every morning
 - For 22-33 pounds, give 3mL every morning
 - Oral iron is best absorbed on an empty stomach when taken with water or juice. Avoid taking it with milk or other dairy products as they will limit its absorption.
 - After 3 months, we will recheck the hemoglobin

How much iron do children need in their diet?

- The daily recommended amount of iron:
 - Children 1-3 years old: 7mg/day; Children 4-8 years old: 10mg/day

What are tips for increasing iron?

- Avoid drinking too much milk. Milk has a lot of important nutrients, but it's very low in iron. Toddlers who drink too much milk can become iron deficient. Milk replaces other nutritious, iron-rich foods and the calcium blocks the body's ability to absorb iron. Children 1 to 4 years old should not drink more than 20 ounces of milk per day. From ages 1 to 2 years, your child should drink whole milk. After age 2, your child should switch to 1% or non-fat milk.
- Vitamin C helps absorb iron. Add fruits and vegetables to iron-rich foods at meals.
- Cereals, breads, pastas, and crackers are often fortified with iron.