

## Toddlers need iron

*Parents Magazine*, December 2007

Many kids between ages 1 and 3 aren't getting enough iron, and that can lead to learning problems and behavioral delays, according to a new study in *Pediatrics*. Research found an alarmingly high rate of iron deficiency among overweight toddlers (20 percent versus 7 percent of normal-weight kids), possible because they're filling up on snack foods that are low in nutrients.

Children who drink a lot of milk or juice may also miss out on iron because they're less hungry at mealtime. Top iron-rich picks include lean beef, poultry, beans and fortified bread and breakfast cereal.

*All content here, including advice from doctors and other health professionals, should be considered as opinion only. Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of your child.*

###