

Weaning



ARTICLE

## Not just iron, bioavailable iron

**You have probably been hearing a lot of information about making sure your child gets adequate amounts of micronutrients every day, especially iron, for healthy growth and development.**

**2 mins  
to read**

You have probably been hearing a lot of information about making sure your child gets adequate amounts of **micronutrients every day**, especially iron, for healthy growth and development. That information is spot on. But there is something else you need to know, a complementary piece of the puzzle. You want the **iron** your child consumes to be in a bioavailable form. **Bioavailable iron** means that your child's body doesn't just take in the iron the food provides but that his or her body absorbs a higher percentage of it. Serving iron-rich foods with foods containing vitamin C helps enhance the body's iron absorption<sup>1,2</sup>.

As your child's tummy can only hold so much food, the food you give should be packed with vitamins and minerals. Baby food such as **CERELAC®** infant cereals are an option for a healthy and varied weaning diet. **Bioavailable iron** and other micronutrient-fortified, they help contribute to reaching your child's daily requirements, including a whopping 50% of your child's daily iron<sup>3</sup> with better absorption - thanks to the vitamin C. Other additional sources of iron are red meat and green leafy vegetables.

**Iron is very important for your child's health and development. If you are concerned that your child isn't getting enough iron**, speak to your healthcare professional. He is the best person to help you make sure your child's foundation years are everything they can be nutritionally!

## References

1. WHO/FAO. Guidelines on food fortification on micronutrients. Edited by Allen L de Benoist B, Dary O, Hurrell R. WHO/FAO 2006
2. EFSA, 2014, Scientific Opinion on the substantiation of a health claim related to vitamin C and increasing non-haem iron absorption pursuant to Article 14 of Regulation (EC No 1924/2006), EFSA, 12111, p. 3514.
3. Malaysia RNI 2005, daily iron intake for children aged 6 to 11 months. One serving of NESTLÉ® CERELAC® (50g) contains 5mg/serving of iron.