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What is Iron Deficiency?

Iron deficiency is a common nutritional issue in children. This can result in impact on physical and cognitive development, and present as fatigue, irritability, and difficulty concentrating. Detecting and addressing iron deficiency early is crucial for optimal child development.

Signs of Iron Deficiency

- Pale skin
- Fatigue or weakness
- Irritability
- Slow cognitive and social development

Food options for Iron intake

Type of Eater	Food Category	Examples	Tips for fussy eaters
Varied appetite	Meat & Poultry	Beef, chicken, turkey, ham	
	Fish	Salmon, tuna, sardines	
	Vegetables	Spinach, kale, broccoli	
	Fruits	Watermelon, strawberries	
Fussy Eaters	Sneaky smoothies	Spinach, banana, chocolate syrup	Blend ingredients and serve as a smoothie
	Snackble nutrition	Iron-fortified snack bars	Convenient for on-the-go
	Hidden veggies	Spinach in pasta sauces, omelettes	Finely chop or blend, mix into their favourite dish
	Fun shapes	Iron-fortified breads, meatball	Use cookie cutters to make meatballs with vegetables
	Fruit Pops	Watermelon, strawberries	Blend and freeze into homemade popsicles

Tips for Maximizing Iron Absorption

- Combine iron-rich foods with foods high in Vitamin C.
- Avoid serving iron-rich foods with dairy or tea, which can inhibit iron absorption.

Iron replacement options - dosing provided is a guideline only

Ferro-liquid

- Dosage: For children aged 2-6 years, 2.5-5 mL daily; for children aged 7-12 years, 5-10 mL daily.
- Advantages: Easy to ingest due to its liquid form; less constipating.

Maltofer Iron Liquid

Dosage: For children aged 1-12 years, the typical dose is 5-10 mL daily.

Advantages: Lower risk of gastrointestinal side effects; well-tolerated form of iron.

Ferrograd C Tablets

- Dosage: Typically not recommended for children under 12 years; consult your healthcare provider for proper dosing for adolescents.

- Advantages: Contains both iron and Vitamin C, enhancing iron absorption; sustained-release formulation provides a steady supply of iron.

Fefol Spansules

- Dosage: Dependent on age and weight ranging from 1/2 to 1 spansule 5-7 days a week.

- Advantages: Is a capsule which can be broken open and sprinkled on food

Monitoring

- Blood tests will usually be recommended 2-3 months after starting iron replacement of as directed by your Paediatrician or GP.

- A dietician can also assist with specific dietary recommendations to ensure your child doesn't become iron deficient again after stopping replacement

Yours sincerely



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Note: This is general advice only and your specialist may provide alternative suggestion.