



483 East County Line Rd.
Warminster, PA 18974

Iron Deficiency Anemia in Toddlers

Common in infants, especially breast fed babies.

Can be treated with iron replacement and diet changes.

Limit cow's milk to LESS THAN 24 ounces per day and do not give to children under 1 year of age.

Serve citrus foods with iron rich foods to help the iron stay in the body.

Increase iron rich foods in the diet:

- Iron-fortified cereals
- Iron-enriched breads, noodles, and rice
- Beef and pork
- Chicken and turkey
- Fish
- Pinto, kidney, black, lima, and navy beans
- Soybeans, lentils, and dried peas
- Eggs
- Spinach, turnip, kale and collard greens
- Raisins and dried fruit
- Tofu
- Prune juice



TREATMENT:

Purchase Fer-In-Sol Liquid drops:

- Give daily iron mixed in orange juice
- Avoid dairy when giving this medication
- Give through a straw to avoid tooth staining.
- Blood count should be rechecked in 6-12 weeks
- Drops should be continued for a minimum of 3 months

Dosing by weight of Fer-In-Sol drops:

15-18 pounds: 1.5 ml of Fer-In-Sol per day
19-23 pounds: 2.0 ml of Fer-In-Sol per day
24-27 pounds: 2.3 ml of Fer-In-Sol per day
28-32 pounds: 2.5 ml of Fer-In-Sol per day