How Iron Supports Brain Development and Learning Ability

What your little ones eat now can impact their health for years to come

Roughly 20% of babies don’t get the recommended amount of iron in their diets*

From 2002 to 2016 number of infants with inadequate iron intakes has **more than doubled.**

*6–12 months

Essential nutrients like iron help lay the foundation for milestones like:

- Motor skills development
- Social behavior
- Learning ability

Super Iron–Rich Foods

Looking for baby-friendly iron-rich foods? The American Academy of Pediatrics recommends:

- Iron-fortified infant cereals
- Baby food meats

Two servings of Gerber infant cereals provide your baby’s daily iron needs.

Around 6 months infants, especially those who are breastfed, need to get their iron from food. Help your child get the iron they need for a healthy start. Learn more at [nestleusa.com/fits](http://nestleusa.com/fits)