

Iron from infant cereal helps support learning ability and brain development

Infant cereal is an ideal first food and an important source of iron during the whole first year

- ✓ The number of infants falling short on dietary iron is growing.¹
- ✓ The iron fortified infant cereal provided by WIC helps ensure infants get enough iron, especially for breastfed infants.²
- ✓ Fully and partially breastfeeding infants who do not eat infant cereal may not get enough iron.³



Add the nutrition of infant cereal to easy recipes for older babies
(9 months and up)

Peaches and Yogurt Pancakes



¼ cup Gerber® MultiGrain or Oatmeal Cereal
¼ cup all-purpose flour
¼ teaspoon baking powder
¼ teaspoon baking soda

1 container (3.5oz) plain or vanilla yogurt
½ tub of Gerber® 2nd Foods® Peach 4oz container
1 large egg
¼ cup water

WHISK cereal, flour, baking powder and baking soda in a medium bowl. Stir in yogurt, peaches, egg and water until combined.

SPRAY a large skillet with nonstick cooking spray; heat over medium-low heat. Pour 1½ tablespoons of batter into a hot skillet for each pancake. Cook for about 2–3 minutes or until bubbles begin to pop; flip and cook for an additional 2–3 minutes or until golden brown.

CUT pancakes in bite size pieces and serve with Gerber® 2nd Foods® Peach by topping the pancake or allowing your little one to dip the pancake in the peach puree.



Servings: 1–2 pancakes for 9–11 month old. Amount per serving: Recipe makes about 16 small pancakes.

Nutrition per 1 pancake: Calories 25, Fat 0.5g, Protein 1g, Carbohydrate 4g, Sugars 2g (includes 0g added sugar), Sodium 35mg, 5% Daily Value Iron, 8% Daily Value Calcium.

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Sources:

1. Eldridge A. et al *Journal of Nutrition* 2019.
2. Finn K. et al *Nutrients* 2017.
3. Finn K. et al *American Society for Nutrition* 2019.

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