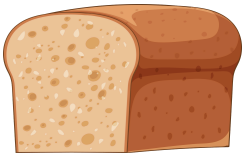
IJzerrijke voeding voor kinderen

Waarom ijzer?

Voldoende ijzer in de voeding is belangrijk voor een goede werking van de hersenen (geheugen, het kunnen leren op school) en de spieren.

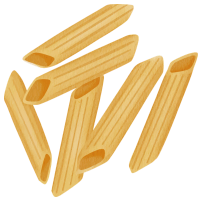
Aanbevolen hoeveelheid

7 t/m 11 maanden: 11 mg/dag
1 t/m 3 jaar: 8 mg/dag
4 t/m 6 jaar: 7 mg/dag
7 t/m 11 jaar: 11 mg/dag
Meisjes ná 1e menstruatie: 13 mg/dag
Jongens 12 t/m 17 jaar: 11 mg/dag
Meisjes 12 t/m 17 jaar: 13 mg/dag

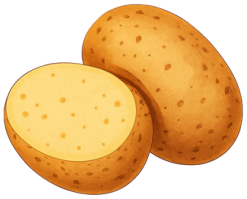


volkorenbrood
per snee: 0,7 mg

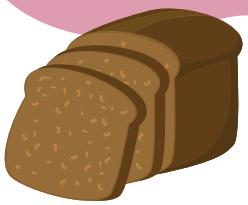
zilvervliesrijst (bereid)
per 50 gram: 0,3 mg



volkorenpasta bereid
per 50 gram: 0,7 mg



aardappelen
per stuk: 0,5 mg



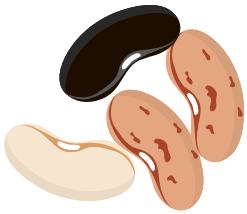
roggebrood
per snee: 1,5 mg

havermout
per 40 gram: 1,6 mg

muesli
per 50 gram: 1,7 mg

studentenhaver
per handje: 1,2 mg

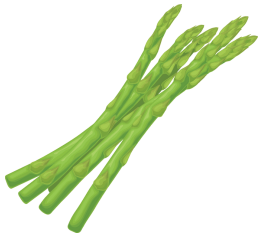
gemengde noten
per handje: 0,8 mg



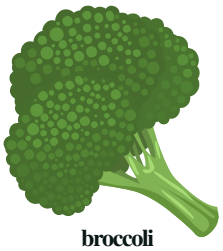
peulvruchten
per 50 gram: 1 mg

zonnebloempitten
per 15 gram: 0,7 mg

fruit
per stuk: 0,8 mg

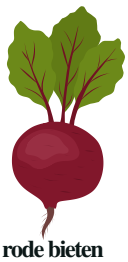


asperges
per 100 gram: 1 mg



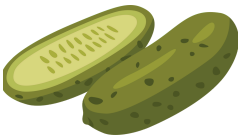
broccoli
per 100 gram: 0,7 mg

spinazie
per 100 gram: 2,7 mg

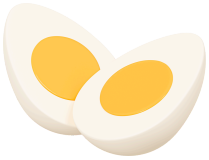


rode bieten
per 100 gram: 0,4 mg

boerenkool
per 100 gram: 1,5 mg



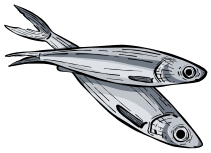
augurken
per 100 gram: 1 mg



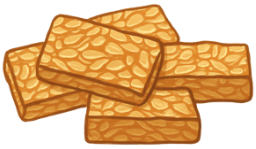
eieren
per stuk: 1,2 mg

zalm
per 100 gram: 0,3 mg

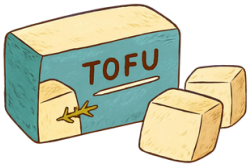
kabeljauw
per 100 gram: 0,2 mg



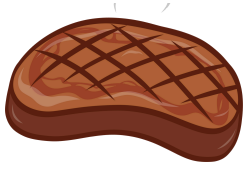
zoute haring
per 75 gram 1,1 mg



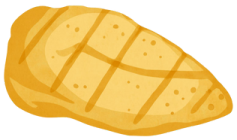
tempeh
per 100 gram: 2,5 mg



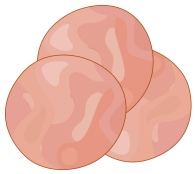
tofu
per 100 gram: 2,2 mg



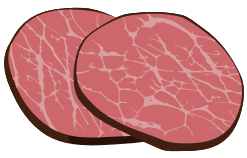
rundvlees
per 100 gram: 2,9 mg



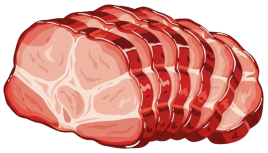
kip
per 100 gram: 1,3 mg



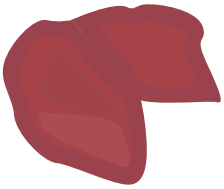
leverworst
voor 1 snee: 1,1 mg



runderrookvlees
voor 1 snee: 0,3 mg



varkensvlees
per 100 gram: 1,5 mg



lever
per 100 gram: 1,5 mg

Vitamine c

Vitamine C verbetert de opname van ijzer uit plantaardige bronnen zoals brood, graanproducten en peulvruchten. Gebruik bij elke maaltijd groenten- of fruitsoorten/-sappen die rijk zijn aan vitamine C. Vitamine C zit in fruit, groente en aardappelen. Met name bepaalde koolsoorten, paprika, citrusfruit, kiwi's, bessen en aardbeien bevatten veel vitamine C.

appelstroop
voor 1 snee: 2,3 mg

pindakaas
voor 1 snee: 0,3 mg

Roosvicee Ferro:
15 ml siroop = 15 mg ijzer