

IRON DEFICIENCY

SIGNS & SYMPTOMS

If you can tick any of the boxes below, or are concerned about your baby's or toddler's iron level, talk to your doctor or Plunket nurse.

Signs & Symptoms

- Pale skin
- Lethargy
- Reduced appetite
- Recurrent infections
- Delayed cognitive development
- Pica (eating non-foods)
- Grumpy & irritable
- Feels the cold
- Reduced weight gain

*Know
your
Iron IQ*

WORLD IRON AWARENESS WEEK [IRONWEEK.CO.NZ](https://www.ironweek.co.nz)
28 AUGUST - 3 SEPTEMBER 2023 #WORLDIRONWEEK