

Information Sheet On Iron Deficiency In Babies



Causes

Giving cow's milk before
he baby turns one



When the baby is born
prematurely



Babies born to mothers
with diabetes



Being born with a low
weight



Insufficient intake of
dietary iron



Symptoms



The skin becomes pale
and dull, especially around
the eyelids and hands.



Constant fatigue and
drowsiness.



Your baby may eat less
or not eat at all.



May experience shortness
of breath.



The heart rate increases
to compensate for low
oxygen levels.