

Community Nutrition and Dietetics

Beckenham Clinic
14 The Crescent
Beckenham
BR3 1DU

Tel: **0300 330 5777**

Welcome to Bromley Community Nutrition and Dietetics

We are registered dietitians who work in Bromley to give expert advice on nutrition and dietetics. Your child will be seen by a children's dietitian. Your child can be referred to us if they are under 18 and registered to a Bromley GP. Your child may be referred by their GP, Health Visitor or other professional.

Where can you find us?

We run clinics across the borough of Bromley and we will try and see your child in a clinic close to where you live. All of our clinics have wheelchair access.

Our Clinics

Princes Plain Clinic
Church Lane, Princes Plain
Bromley BR2 8LD

St Paul's Cray Clinic
Mickle Road
Orpington, BR5 2RJ

Community Vision Children and Family Centre
Woodbine Grove
Penge, SE20 8UX

**Bromley
Healthcare**
better together

The Dietetics service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 OJA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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Does your child need more iron?

Bromley Children Community Dietitians

We offer dietary advice and support to parents and carers of babies and children with a range of clinical conditions, including food allergies and intolerances, faltering growth, feeding problems, fussy eating and weight management.

Iron

We need iron in our diet to prevent anaemia - which causes tiredness, poor appetite, lack of concentration and poor growth

Where do we get iron from?

- Red meat – beef, lamb, pork
- Liver and kidney - no more than once a week
- Chicken and turkey – dark meat (leg) has more iron than white meat (breast)
- Oily fish – tuna, salmon, mackerel, sardines, pilchards
- Fish paste/pate
- Fish fingers/fish cakes
- Eggs – cook until solid
- Breakfast cereals – many have added iron e.g. Weetabix, Cornflakes, Ready Brek
- Wholemeal bread, rolls, chapattis
- Peas, beans and lentils
- Dried fruits – raisins, sultanas, prunes, apricots
- Green vegetables
- Nuts – avoid whole nuts until 5 years because of the risk of choking
- Plain chocolate

Did you know?

Vitamin C helps us use iron from non-meat foods. Having fruit, fruit juice, vegetables, potatoes or salad at each meal helps us get the most from the iron we eat.
Tea & coffee prevent iron absorption
Unprocessed bran prevents iron absorption and can cause constipation.

Ideas to add iron to your child's diet

Breakfast ideas

- A glass of diluted fruit juice will help you use the iron in your breakfast
- Ready-Brek or porridge cooked with raisins or sultanas
- Weetabix, Cornflakes, Bran Flakes with banana or dried fruit
- Wholemeal toast with peanut butter and banana
- Scrambled egg or beans on toast

Cooked meal ideas

- Fish fingers, baked beans & oven chips
- Beef burger or bean burger in a wholemeal bun with salad
- Spaghetti bolognaise
- Tuna pasta bake
- Lentil or bean dahl with wholemeal chapattis
- Meat and vegetable/chickpea curry with rice
- Shepherds pie and green vegetables
- Lamb stew, rice and vegetables
- Nut roast, potatoes and salad
- Meat pie, potatoes and vegetables

Pudding ideas

- Spaghetti bolognaise with wholemeal Stewed dried fruit with yoghurt or custard
- Fruit yoghurt with added dried fruit
- Baked egg custard
- Rice pudding and sultanas
- Apricot crumble

Light meals and snack ideas

- Beans on wholemeal toast
- Egg on toast
- Wholemeal sandwich with peanut butter/ meat/fish/egg
- Hummus, pitta bread and cucumber
- Lentil, vegetable or minestrone soup

Babies

- Weaning at six months will introduce your baby to iron-containing foods including meat, vegetables and pulses
- Breast-feed or use infant formula until one year – cows' milk is low in iron and should not be used as a main drink until one year

Toddlers

- Children under five are at risk of iron deficiency as they grow so rapidly
- Drinking too much milk fills you up! Maximum of 1 pint a day so you have room for plenty of foods high in iron

Adolescents

- During this time of growth and change make sure your child eats plenty of iron-rich foods, especially if they don't eat meat.