



ARTICLE

## The Iron Secret Every Mom Needs to Know!

5 mins read

## Why is cognitive development so vital for your child?

Think of your child's cognitive abilities as the key ingredient in their brain – they help with storing memories, processing information, staying focused, and solving problems. It's like their special power! And guess what? These skills play a huge role in how well they do in school. When children have high cognitive abilities, they can encode key information quickly and accurately.<sup>1</sup> Nurturing cognitive abilities also play a role in a child's overall growth.<sup>2</sup>

## How does good nutrition support brain development?

Optimal nutrition is required to support normal brain development. It is important for laying the foundation for the development of your child's cognitive, motor and socio-emotional behavior throughout childhood and adulthood.<sup>3</sup> All nutrients are important for brain growth and function.<sup>4</sup> However, nutrients affecting early brain development include macronutrients like protein, specific fats (LC-PUFAs), micronutrients like zinc, copper, iodine, iron and vitamins like B-vitamins, vitamin A, folate and choline.<sup>5</sup> Deficiency of these essential nutrients during sensitive periods in early life can lead to long-term impairments.<sup>4</sup>

**However, iron deficiency is one of the most common micronutrient deficiency observed in children aged 6-59 months.<sup>6</sup> It is one of the major reasons why children suffer from anemia.<sup>7</sup>**

## Did you know?

By the age of 2, the brain achieves 80-90% of its adult volume.<sup>8</sup>

Not having enough iron can impact your child's cognitive development. Surprisingly, almost 50% of cases of anemia stem from iron deficiency.<sup>9</sup> Studies have shown that the prevalence of anemia is highest among preschool children, and they are more vulnerable to the risk of anemia.<sup>10</sup> During the 6-59-month age range, the body undergoes rapid growth and necessitates a diet rich in iron and nutrients, that may not be fulfilled by their normal diet.<sup>10</sup>

**Having enough iron in the body can help prevent iron deficiency and iron deficiency anemia.<sup>11</sup>**

**Once the child starts to eat foods, it is important to give foods with iron to meet nutritional needs.<sup>11</sup>**

## Why do children need iron?

1. For a normal brain development.<sup>12</sup>
2. Helps increase hemoglobin levels.<sup>13</sup>
3. Supports normal cognitive function.<sup>9</sup>

## How much iron do children need?

Once a child starts eating solid foods, the amount of iron required by them changes depending on their age.<sup>14</sup> In accordance with the guidelines from ICMR-NIN, the recommended nutritional needs for children are outlined as follows:<sup>15</sup>

Age (years)

Amount of iron per day (mg)(Recommended dietary allowances)

1 to 3	8
4 to 6	11

Bringing a balanced blend of essential nutrients, with **6.90 mg of iron, NANGROW™** is a creamy vanilla-flavored milk drink tailored specifically for growing children and is scientifically formulated to **help support normal brain and cognitive development.**

So, amidst the uncertainty about what tomorrow may bring, you know that your child is ready for any possibilities in the future!

**Know more about the benefits of NANGROW™ and try its sample for free!**

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