

Table S1 – 7-day menu of the original meal plan with breastmilk and moderate iron rice cereals (scenario #1)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Rice cereal with choy sum and egg yolk	212.2	5.297
		(Breastmilk)		
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Moderate iron rice cereal with papaya puree	205.9	4.770
		(Breastmilk)		
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Blueberry puree	25.5	0.000
	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Breastmilk		225.0	0.068	
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Papaya puree	25.5	0.128
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Moderate iron rice cereal with fish and carrots	252.7	4.981
		(Breastmilk)		
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Oranges puree	25.5	0.026
	<i>Lunch</i>	Tofu and banana moderate iron rice cereal	145.5	3.004
		(Breastmilk)		
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
		Breastmilk	225.0	0.068
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
		Breastmilk	225.0	0.068
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
		Breastmilk	225.0	0.068
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	4.010
			SD	3.585

Table S2 – 7-day menu of the original meal plan with breastmilk and non-iron-fortified rice cereals (scenario #2)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Non-iron-fortified ice cereal with choy sum and egg yolk (Breastmilk)	212.2	0.417
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereals with papaya puree (Breastmilk)	205.9	0.502
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Blueberry puree	25.5	0.000
	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Breastmilk		225.0	0.068	
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Papaya puree	25.5	0.127
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereals with fish and carrots (Breastmilk)	252.7	0.712
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Oranges puree	25.5	0.025
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereals (Breastmilk)	145.5	0.870
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
Breastmilk		225.0	0.068	
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	1.788
			SD	1.149

Table S3 – 7-day menu of the original meal plan with breastmilk and iron-fortified rice cereals (scenario #3)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Breastmilk)	212.2	10.837
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	10.309
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Blueberry puree	25.5	0.000
	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Papaya puree	25.5	0.127
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	10.520
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Oranges puree	25.5	0.025
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Breastmilk)	145.5	5.774
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	6.780
			SD	7.721

Table S4 – 7-day menu of the original meal plan with infant formula and moderate iron rice cereals (scenario #4)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Rice cereal with choy sum and egg yolk (Infant formula)	213.8	6.927
		Infant formula prepared with water	225.0	2.250
Tuesday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Rice cereal with papaya puree (Infant formula)	207.5	6.400
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Blueberry puree	25.5	0.000
Wednesday	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Thursday		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Papaya puree	25.5	0.127
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
Friday		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Rice cereal with fish and carrots (Infant formula)	254.3	6.611
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
Saturday	<i>Snack</i>	Oranges puree	25.5	0.026
	<i>Lunch</i>	Tofu and banana rice cereal (Infant formula)	146.3	3.819
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Sunday	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
Sunday	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
Sunday		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
Sunday		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
		Infant formula prepared with water	225.0	2.250
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Infant formula prepared with water	225.0	2.250
Sunday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	12.620
			SD	3.769

Table S5 – 7-day menu of the original meal plan with infant formula and non-iron-fortified rice cereals (scenario #5)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Non-iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	2.659
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Infant formula)	207.5	2.132
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Blueberry puree	25.5	0.000
	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Papaya puree	25.5	0.127
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	2.343
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Oranges puree	25.5	0.026
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Infant formula)	146.3	1.685
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	10.485
			SD	0.834

Table S6 – 7-day menu of the original meal plan with infant formula and iron-fortified rice cereals (scenario #6)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Mandarin orange puree	25.5	0.038
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	12.467
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Infant formula)	207.5	11.940
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Blueberry puree	25.5	0.000
	<i>Lunch</i>	Spinach and fish puree congee	225.2	0.569
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Pumpkin and tofu congee	251.1	0.581
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Papaya puree	25.5	0.127
	<i>Lunch</i>	Mashed sweet potato and egg yolk congee	173.7	0.514
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	12.150
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Oranges puree	25.5	0.026
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Infant formula)	146.3	6.589
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Winter melon, tomato and pork liver congee	184.3	3.212
Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kiwifruit, gold, peeled	25.5	0.054
	<i>Lunch</i>	Chicken and green pea congee	236.4	0.381
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Cabbage and minced pork congee	167.4	0.332
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Apple, puree	25.5	0.036
	<i>Lunch</i>	Mashed potato and broccoli with minced beef	197.5	1.343
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Hairy melon and chicken puree congee	172.4	0.254
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Grape puree (without skin)	25.5	0.000
	<i>Lunch</i>	Tomato and fish puree congee	230.6	0.324
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Spinach and beef congee	222.7	0.561
	Infant formula prepared with water	225.0	2.250	
			Mean iron intake (mg/d)	15.389
			SD	7.965

Table S7 – 7-day menu of the low iron pre-packaged baby foods meal plan with breastmilk and no rice cereals (scenario #7)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	babybasic INSTANT ME-ME CONGEE-KONBU	150.0	0.064
		SALMON		
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
Tuesday	<i>Dinner</i>	babybasic INSTANT ME-ME CONGEE-KONBU	150.0	0.064
		SALMON		
	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Breastmilk	225.0	0.068
	Breastmilk	225.0	0.068	
	<i>Dinner</i>	babybio organic salmon & vegetables	200.0	1.257
		Breastmilk	225.0	0.068
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Heinz pumpkin & ricotta with spinach	170.0	1.002
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
		<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
		<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0
		Breastmilk	225.0	0.068
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	Good Gout sweet potato with pork	190.0	2.016
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
		<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0
		Breastmilk	225.0	0.068
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	babybio organic fruit puree prune apple	25.5	0.000
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL	140.0	1.392
		RICE-TUNA BEET		
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070
		Breastmilk	225.0	0.068
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339
		Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
		<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170.0
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	2.196
			SD	1.126

Table S8 – 7-day menu of the low iron pre-packaged baby foods meal plan with breastmilk and non-iron-fortified rice cereals (scenario #8)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	Non-iron-fortified ice cereal with choy sum and egg yolk (Breastmilk)	212.2	0.417
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	0.502
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio organic salmon & vegetables	200.0	1.257
Breastmilk		225.0	0.068	
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Heinz pumpkin & ricotta with spinach	170.0	1.002
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	0.712
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Breastmilk)	145.5	0.870
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0	0.157
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	Good Gout sweet potato with pork	190.0	2.016
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070
Breastmilk		225.0	0.068	
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	babybio organic fruit puree prune apple	25.5	0.000
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	140.0	1.392
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170.0	1.002
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	2.360
			SD	0.938

Table S9 – 7-day menu of the low iron pre-packaged baby foods meal plan with breastmilk and iron-fortified rice cereals (scenario #9)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Breastmilk)	212.2	10.837
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	10.309
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio organic salmon & vegetables	200.0	1.257
Breastmilk		225.0	0.068	
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Heinz pumpkin & ricotta with spinach	170.0	1.002
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	10.520
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Breastmilk)	145.5	5.774
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0	0.157
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	Good Gout sweet potato with pork	190.0	2.016
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070	
	Breastmilk	225.0	0.068	
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	babybio organic fruit puree prune apple	25.5	0.000
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	140.0	1.392
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	babybio SWEET POTATOES & VEGETABLES	200.0	1.070
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Snack</i>	Good gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170.0	1.002	
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	7.351
			SD	7.109

Table S10 – 7-day menu of the low iron pre-packaged baby foods meal plan with infant formula and no rice cereals (scenario #10)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Macda yasai baby boro	25.5	0.236
	<i>Lunch</i>	Good Gout sweet potato with pork	190.0	2.016
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Tuesday	<i>Dinner</i>	QP HP corn porridge	80.0	0.350
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Holle Organic Banana and Cherries	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Infant formula prepared with water	225.0	2.250
<i>Snack</i>	Infant formula prepared with water	225.0	2.250	
Wednesday	<i>Dinner</i>	Babybio SWEET POTATO & VEGETABLES	200.0	1.070
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
		Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
	<i>Lunch</i>	Babybio organic salmon & vegetables	200.0	1.257
Thursday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	Babybasic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064
Friday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0	0.157
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	140.0	1.392
Saturday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon carrot and sweet potato biscuit	25.5	0.036
Sunday	<i>Lunch</i>	Holle organic meat preparation, beef	125.0	0.218
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170	1.002
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060	
<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339	
	Infant formula prepared with water	225.0	2.250	
	Infant formula prepared with water	225.0	2.250	
	Babybasic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064	
<i>Dinner</i>	Infant formula prepared with water	225.0	2.250	
			Mean iron intake (mg/d)	9.927
			SD	1.501

Table S11 – 7-day menu of the low iron pre-packaged baby foods meal plan with infant formula and non-iron-fortified rice cereals (scenario #11)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Macda yasai baby boro	25.5	0.236
	<i>Lunch</i>	Non-iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	2.659
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified Rice cereal with papaya puree (Infant formula)	207.5	2.132
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Holle Organic Banana and Cherries	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATO & VEGETABLES	200.0	1.070
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
		Babybio organic salmon & vegetables	200.0	1.257
	<i>Lunch</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified Rice cereal with fish and carrots (Infant formula)	254.3	2.343
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Infant formula)	146.3	1.685
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0	0.157
Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	140.0	1.392
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon carrot and sweet potato biscuit	25.5	0.036
	<i>Lunch</i>	Holle organic meat preparation, beef	125.0	0.218
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170	1.002
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybasic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	10.721
			SD	1.034

Table S12 – 7-day menu of the low iron pre-packaged baby foods meal plan with infant formula and iron-fortified rice cereals (scenario #12)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Macda yasai baby boro	25.5	0.236
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	12.467
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Infant formula)	207.5	11.940
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Holle Organic Banana and Cherries	25.5	0.000
	<i>Lunch</i>	QP HP spaghetti naporitan	80.0	0.527
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATO & VEGETABLES	200.0	1.070
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
	<i>Lunch</i>	Babybio organic salmon & vegetables	200.0	1.257
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	12.150
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Nishimura kabou egg biscuit	25.5	0.290
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Infant formula)	146.3	6.589
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	QP HP maguro daikon wakame rice	80.0	0.157
		Infant formula prepared with water	225.0	2.250
Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	beanstalk waffer	25.5	0.027
	<i>Lunch</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	140.0	1.392
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon carrot and sweet potato biscuit	25.5	0.036
	<i>Lunch</i>	Holle organic meat preparation, beef	125.0	0.218
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Heinz organic pumpkin & ricotta with spinach	170	1.002
Sunday		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	babybio organic beef & vegetables	200.0	2.339
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
<i>Dinner</i>	Babybasic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064	
	Infant formula prepared with water	225.0	2.250	
			Mean iron intake (mg/d)	15.625
			SD	7.737

Table S13 – 7-day menu of the high iron pre-packaged baby foods meal plan with breastmilk and no rice cereals (scenario #13)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple Monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	QP HP vegetables minestrone	100.0	2.577
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
Tuesday	<i>Dinner</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix Goodies banana soft oaty bars	25.5	1.571
	<i>Lunch</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Breastmilk	225.0	0.068
Wednesday	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	bellamy's organic organic pumpkin & tomato risotto	120.0	4.246
		Breastmilk	225.0	0.068
	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
Thursday	<i>Lunch</i>	QP HP vegetables minestrone	100.0	2.577
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
		Breastmilk	225.0	0.068
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe organic rice cracker (lentils flavour)	25.5	0.372
	<i>Lunch</i>	Heinz beef & vegetable casserole	100.0	1.282
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
Saturday	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
		Breastmilk	225.0	0.068
	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	little freddie Organic Exotic Coconut Tropical Fruits (puree)	25.5	0.550
	<i>Lunch</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
Sunday		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
		Breastmilk	225.0	0.068
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
Sunday	<i>Lunch</i>	Viabio organic sweet potatoes & vegetables	200.0	4.252
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone	100.0	2.577
		Breastmilk	225.0	0.068
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
Sunday	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	6.972
			SD	1.770

Table S14 – 7-day menu of the high iron pre-packaged baby foods meal plan with breastmilk and non-iron-fortified rice cereals (scenario #14)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple Monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	Non-iron-fortified ice cereal with choy sum and egg yolk (Breastmilk)	212.2	0.417
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	0.502
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix Goodies banana soft oaty bars	25.5	1.571
	<i>Lunch</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	bellamy's organic organic pumpkin & tomato risotto	120.0	4.246
Breastmilk		225.0	0.068	
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
		<i>Lunch</i>	QP HP vegetables minestrone	100.0
	<i>Snack</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	0.712
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe organic rice cracker (lentils flavour)	25.5	0.372
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Breastmilk)	145.5	0.870
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	little freddie Organic Exotic Coconut Tropical Fruits (puree)	25.5	0.550
		<i>Lunch</i>	Morinaga beef and mushroom sukiyaki rice	120.0
	<i>Snack</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
		<i>Lunch</i>	Viabio organic sweet potatoes & vegetables	200.0
	<i>Snack</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone	100.0	2.577
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	6.093
			SD	2.641

Table S15 – 7-day menu of the high iron pre-packaged baby foods meal plan with breastmilk and iron-fortified rice cereals (scenario #15)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Apple Monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Breastmilk)	212.2	10.837
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	10.309
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix Goodies banana soft oaty bars	25.5	1.571
	<i>Lunch</i>	Morinaga beef and mushroom sukiyaki rice Breastmilk	120.0	3.937
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	bellamy's organic organic pumpkin & tomato risotto Breastmilk	120.0	4.246
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
	<i>Lunch</i>	QP HP vegetables minestrone Breastmilk	100.0	2.577
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	10.520
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe organic rice cracker (lentils flavour)	25.5	0.372
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Breastmilk) Breastmilk	145.5	5.774
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto Breastmilk	120.0	2.518
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	little freddie Organic Exotic Coconut Tropical Fruits (puree)	25.5	0.550
	<i>Lunch</i>	Morinaga beef and mushroom sukiyaki rice Breastmilk	120.0	3.937
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto Breastmilk	120.0	2.518
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
	<i>Lunch</i>	Viabio organic sweet potatoes & vegetables Breastmilk	200.0	4.252
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone Breastmilk	100.0	2.577
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce Breastmilk	80.0	2.395
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice Breastmilk	120.0	3.937
		225.0	0.068	
			Mean iron intake (mg/d)	11.085
			SD	5.676

Table S16 – 7-day menu of the high iron pre-packaged baby foods meal plan with infant formula and no rice cereals (scenario #16)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	apple monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	QP HP vegetables minestrone	100.0	2.577
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Tuesday	<i>Dinner</i>	Little Freddie free range chicken & vegetable medley	120.0	2.389
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Sprout Organic Sprout Quinoa Puffs Organic Baby Snack, Apple Kale	25.5	0.589
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
Wednesday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
	<i>Lunch</i>	Heinz beef & vegetable casserole	170.0	2.180
		Infant formula prepared with water	225.0	2.250
Thursday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Wakodo Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	organix goodies banana soft oatly bars	25.5	1.571
	<i>Lunch</i>	Little Freddie free range chicken & vegetable medley	120.0	2.389
Friday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Fujiya anpanman monthful biscuits	25.5	0.534
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
Saturday		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
	<i>Lunch</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
Sunday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Sprout sweet potato	99.0	2.720
	Infant formula prepared with water	225.0	2.250	
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	15.237
			SD	2.136

Table S17 – 7-day menu of the high iron pre-packaged baby foods meal plan with infant formula and non-iron-fortified rice cereals (scenario #17)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	apple monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	Non-iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	2.659
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Infant formula)	207.5	2.132
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Sprout Organic Sprout Quinoa Puffs Organic Baby Snack, Apple Kale	25.5	0.589
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Sprout sweet potato	99.0	2.720
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
	<i>Lunch</i>	Heinz beef & vegetable casserole	170.0	2.180
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	2.343
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	organix goodies banana soft oaty bars	25.5	1.571
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Infant formula)	146.3	1.685
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Fujiya anpanman monthful biscuits	25.5	0.534
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Sprout sweet potato	99.0	2.720
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
	<i>Lunch</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Sprout sweet potato	99.0	2.720
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
	Infant formula prepared with water	225.0	2.250	
			Mean iron intake (mg/d)	15.104
			SD	2.224

Table S18 – 7-day menu of the high iron pre-packaged baby foods meal plan with infant formula and iron-fortified rice cereals (scenario #18)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	apple monkey biscoito blueberry and banana flavour	25.5	1.552
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	12.467
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Infant formula)	207.5	11.940
	Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0
<i>Snack</i>		Sprout Organic Sprout Quinoa Puffs Organic Baby Snack, Apple Kale	25.5	0.589
<i>Lunch</i>		Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
<i>Snack</i>		Infant formula prepared with water	225.0	2.250
<i>Dinner</i>		Sprout sweet potato	99.0	2.720
		Infant formula prepared with water	225.0	2.250
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Happy baby Organic Yogurt Snacks(strawberry banana)	25.5	0.344
	<i>Lunch</i>	Heinz beef & vegetable casserole	170.0	2.180
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	12.150
		Infant formula prepared with water	225.0	2.250
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	organix goodies banana soft oaty bars	25.5	1.571
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Infant formula)	146.3	6.589
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
	Friday	<i>Breakfast</i>	Infant formula prepared with water	225.0
<i>Snack</i>		Fujiya anpanman monthful biscuits	25.5	0.534
<i>Lunch</i>		Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
<i>Snack</i>		Infant formula prepared with water	225.0	2.250
<i>Dinner</i>		Sprout sweet potato	99.0	2.720
		Infant formula prepared with water	225.0	2.250
Saturday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	holle apple & banana with apricot, organic fruit puree	25.5	0.453
	<i>Lunch</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
Sunday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Sprout sweet potato	99.0	2.720
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	20.008
			SD	5.882

Table S19 – 7-day menu of the mixed pre-packaged baby foods meal plan with breastmilk and no rice cereals (scenario #19)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Gerber Banana Puff	25.5	5.661
	<i>Lunch</i>	Baby basic INSTANT ME-ME CONGEE-KONBU	150.0	0.064
		SALMON		
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Sprout apple plum blueberry plum with butternut squash	113.0	1.872
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix fruity apple porridge with added vitamin B1	25.5	0.560
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone	100.0	2.577
		Breastmilk	225.0	0.068
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe brown rice finger snack (strawberry flavour)	25.5	0.467
	<i>Lunch</i>	Heinz Organic pumpkin & ricotta with spinach	170.0	1.327
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Sesame Street Piure Eco de fructe - pere, mango, spanac x 100g Sesame Street	100.0	3.334
		Breastmilk	225.0	0.068
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
	<i>Lunch</i>	Sprout sweet potato	113.0	3.105
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Morinaga beef and mushrrom sukiyaki rice	120.0	3.937
		Breastmilk	225.0	0.068
	Friday	<i>Breakfast</i>	Breastmilk	225.0
<i>Snack</i>		Bellamy's organic peach & apple	25.5	0.890
<i>Lunch</i>		Wakado Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
		Breastmilk	225.0	0.068
<i>Snack</i>		Breastmilk	225.0	0.068
<i>Dinner</i>		Gerber Apple, Kale & Fig (puree)	128.0	1.377
		Breastmilk	225.0	0.068
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	babybio organic fruit puree prune apple	25.5	0.000
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	160.0	1.591
		Breastmilk	225.0	0.068
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Hipp fruit dessert	25.5	0.472
	<i>Lunch</i>	QP carrots & potatoes strained	100.0	0.628
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP spaghetti naporitan	80.0	0.527
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	5.202
			SD	1.993

Table S20 – 7-day menu of the mixed iron pre-packaged baby foods meal plan with breastmilk and non-iron-fortified rice cereals (scenario #20)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Gerber Banana Puff	25.5	5.661
	<i>Lunch</i>	Non-iron-fortified ice cereal with choy sum and egg yolk (Breastmilk)	212.2	0.417
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	0.502
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix fruity apple porridge with added vitamin B1	25.5	0.560
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone	100.0	2.577
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe brown rice finger snack (strawberry flavour)	25.5	0.467
		Breastmilk	225.0	0.068
	<i>Lunch</i>	Heinz Organic pumpkin & ricotta with spinach	170.0	1.327
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	0.712
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Breastmilk)	145.5	0.870
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice	120.0	3.937
	Friday	<i>Breakfast</i>	Breastmilk	225.0
<i>Snack</i>		Breastmilk	225.0	0.068
<i>Lunch</i>		Bellamy's organic peach & apple	25.5	0.890
		Wakado Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce	80.0	2.395
<i>Snack</i>		Breastmilk	225.0	0.068
<i>Dinner</i>		Gerber Apple, Kale & Fig (puree)	128.0	1.377
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Lunch</i>	babybio organic fruit puree prune apple	25.5	0.000
		Holle organic vegetable puree, mixed vegetables	190.0	1.970
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE-TUNA BEET	160.0	1.591
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Lunch</i>	Hipp fruit dessert	25.5	0.472
		QP carrots & potatoes strained	100.0	0.628
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP spaghetti naporitan	80.0	0.527
		Breastmilk	225.0	0.068
			Mean iron intake (mg/d)	4.362
			SD	1.669

Table S21 – 7-day menu of the mixed iron pre-packaged baby foods meal plan with breastmilk and iron-fortified rice cereals (scenario #21)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Gerber Banana Puff	25.5	5.661
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Breastmilk)	212.2	10.837
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Breastmilk)	205.9	10.309
Tuesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Organix fruity apple porridge with added vitamin B1	25.5	0.560
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables Breastmilk	190.0	1.970
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP vegetables minestrone Breastmilk	100.0	2.577
Wednesday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	ivenet bebe brown rice finger snack (strawberry flavour)	25.5	0.467
		Breastmilk	225.0	0.068
	<i>Lunch</i>	Heinz Organic pumpkin & ricotta with spinach Breastmilk	170.0	1.327
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Breastmilk)	252.7	10.520
Thursday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Holle Organic Pear & Banana with Kiwi Pouch (puree)	25.5	0.000
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Breastmilk)	145.5	5.774
	<i>Snack</i>	Breastmilk	225.0	0.068
		Breastmilk	225.0	0.068
	<i>Dinner</i>	Morinaga beef and mushroom sukiyaki rice Breastmilk	120.0	3.937
Friday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Bellamy's organic peach & apple	25.5	0.890
	<i>Lunch</i>	Wakado Japanese pilaf with tuna & vegetables and simmer chicken liver & vegetables in tomato sauce Breastmilk	80.0	2.395
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Gerber Apple, Kale & Fig (puree) Breastmilk	128.0	1.377
Saturday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	babybio organic fruit puree prune apple	25.5	0.000
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables Breastmilk	190.0	1.970
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	Ivenet BEBE KID NUTRITIOUS ONE MEAL RICE- TUNA BEET Breastmilk	160.0	1.591
Sunday	<i>Breakfast</i>	Breastmilk	225.0	0.068
	<i>Snack</i>	Hipp fruit dessert	25.5	0.472
	<i>Lunch</i>	QP carrots & potatoes strained Breastmilk	100.0	0.628
		Breastmilk	225.0	0.068
	<i>Snack</i>	Breastmilk	225.0	0.068
	<i>Dinner</i>	QP HP spaghetti naporitan Breastmilk	80.0	0.527
			Mean iron intake (mg/d)	9.354
			SD	8.598

Table S22 – 7-day menu of the mixed iron pre-packaged baby foods meal plan with infant formula and no rice cereals (scenario #22)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	Wakodo vegetables of my jelly drink fruit	80.0	1.121
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Tuesday	<i>Dinner</i>	Little Freddie free range chicken & vegetable medley	120.0	2.389
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Baby Basic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064
		Infant formula prepared with water	225.0	2.250
Wednesday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Macda yasai baby boro	25.5	0.236
	<i>Lunch</i>	Sesame Street Piure Eco de fructe - pere, mango, spanac x 100g Sesame Street	100.0	3.334
Thursday		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Little Freddie free range chicken & vegetable medley	120.0	2.389
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Bellamy's organic peach & apple	25.5	0.890
	<i>Lunch</i>	Babybio organic beef & vegetables	100.0	1.170
Friday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	QP HP ninjin pumpkin porridge	80.0	1.912
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	Sprout sweet potato	99.0	3.105
Saturday		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio organic salmon & vegetables	200.0	1.257
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
Sunday		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Holle organic meat preparation, beef	125.0	0.218
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	ivenet bebe organic rice cracker (lentils flavour)	25.5	0.372
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
	Infant formula prepared with water	225.0	2.250	
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	12.195
			SD	1.259

Table S23 – 7-day menu of the mixed iron pre-packaged baby foods meal plan with infant formula and non-iron-fortified rice cereals (scenario #23)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	Non-iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	2.659
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Non-iron-fortified rice cereal with papaya puree (Infant formula)	207.5	2.132
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Baby Basic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Macda yasai baby boro	25.5	0.236
	<i>Lunch</i>	Sesame Street Piure Eco de fructe - pere, mango, spanac x 100g Sesame Street	100.0	3.334
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
<i>Dinner</i>	Non-iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	2.343	
Thursday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Bellamy's organic peach & apple	25.5	0.890
	<i>Lunch</i>	Tofu and banana non-iron-fortified rice cereal (Infant formula)	146.3	1.685
		Infant formula prepared with water	225.0	2.250
Friday	<i>Dinner</i>	QP HP ninjin pumpkin porridge	80.0	1.912
		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	Sprout sweet potato	99.0	3.105
Infant formula prepared with water		225.0	2.250	
Saturday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Babybio organic salmon & vegetables	200.0	1.257
		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060	
Sunday	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Infant formula prepared with water	225.0	2.250
		Holle organic meat preparation, beef	125.0	0.218
Sunday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
		Infant formula prepared with water	225.0	2.250
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
		Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Infant formula prepared with water	225.0	2.250
		Babybio SWEET POTATOES & VEGETABLES	200.0	1.070
		Infant formula prepared with water	225.0	2.250
			Mean iron intake (mg/d)	12.444
			SD	0.863

Table S24 – 7-day menu of the mixed iron pre-packaged baby foods meal plan with infant formula and iron-fortified rice cereals (scenario #24)

Day	Meal	Food	Amount (g)	Iron (mg)
Monday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Ito calcuit bolo biscuits box	25.5	0.000
	<i>Lunch</i>	Iron-fortified rice cereal with choy sum and egg yolk (Infant formula)	213.8	12.467
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Iron-fortified rice cereal with papaya puree (Infant formula)	207.5	11.940
Tuesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Kagome yasai life apple drink	25.5	0.729
	<i>Lunch</i>	Baby Basic INSTANT ME-ME CONGEE-KONBU SALMON	150.0	0.064
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Bellamy's Organic Organic Pumpkin & Tomato Risotto	120.0	2.518
Wednesday	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Lunch</i>	Macda yasai baby boro	25.5	0.236
		Sesame Street Piure Eco de fructe - pere, mango, spanac x 100g Sesame Street	100.0	3.334
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Thursday	<i>Dinner</i>	Iron-fortified rice cereal with fish and carrots (Infant formula)	254.3	12.150
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Bellamy's organic peach & apple	25.5	0.890
	<i>Lunch</i>	Tofu and banana iron-fortified rice cereal (Infant formula)	146.3	6.589
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	QP HP ninjin pumpkin porridge	80.0	1.912
Friday		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Pigeon spinach and carrot rice cracker	25.5	0.063
	<i>Lunch</i>	Sprout sweet potato	99.0	3.105
		Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
Saturday	<i>Dinner</i>	Babybio organic salmon & vegetables	200.0	1.257
		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	Good Gout apple gala (puree)	25.5	0.060
	<i>Lunch</i>	Bellamy's Organic organic pumpkin & tomato risotto	120.0	4.246
		Infant formula prepared with water	225.0	2.250
Sunday	<i>Snack</i>	Infant formula prepared with water	225.0	2.250
	<i>Dinner</i>	Holle organic meat preparation, beef	125.0	0.218
		Infant formula prepared with water	225.0	2.250
	<i>Breakfast</i>	Infant formula prepared with water	225.0	2.250
	<i>Snack</i>	ivenet bebe organic rice cracker (lentils flavour)	25.5	0.372
	<i>Lunch</i>	Holle organic vegetable puree, mixed vegetables	190.0	1.970
	Infant formula prepared with water	225.0	2.250	
<i>Snack</i>	Infant formula prepared with water	225.0	2.250	
<i>Dinner</i>	Babybio SWEET POTATOES & VEGETABLES	200.0	1.070	
	Infant formula prepared with water	225.0	2.250	
			Mean iron intake (mg/d)	17.348
			SD	7.049