

A GUIDE TO IRON-RICH MEALS



IRON IS IMPORTANT

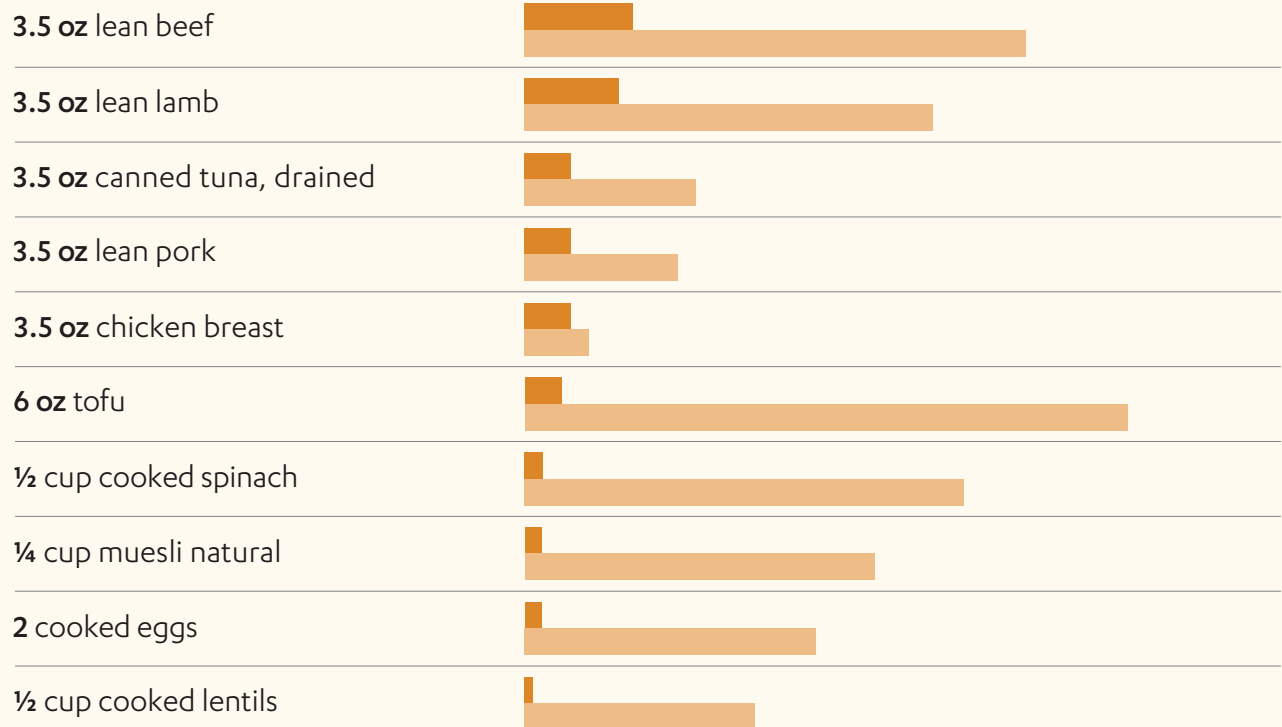


Iron-rich foods are recommended from **6 months of age** for growth and development.



Iron needs are higher in women during their reproductive years; and athletes doing high impact and endurance sports.

IRON-RICH FOODS



Amount of iron absorbed by your body



Iron content of the food

HOW TO GET ENOUGH IRON?

Having red meat every other day makes it easier to meet your daily iron needs.



eg. Lamb

Your
choice of
any other
**protein
food**



eg. Beef

Adding a good source of vitamin C to vegetarian meals increases the amount of iron absorbed.

IRON-RICH
VEGETARIAN
FOOD



½ CUP
BERRIES

OR



½
ORANGE

OR



MEDIUM
TOMATO

OR



3 BROCCOLI
FLORETS



INCREASED
IRON
ABSORPTION

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Healthy, Balanced Meal Ideas >

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