

# A GUIDE TO IRON-RICH MEALS



## IRON IS IMPORTANT

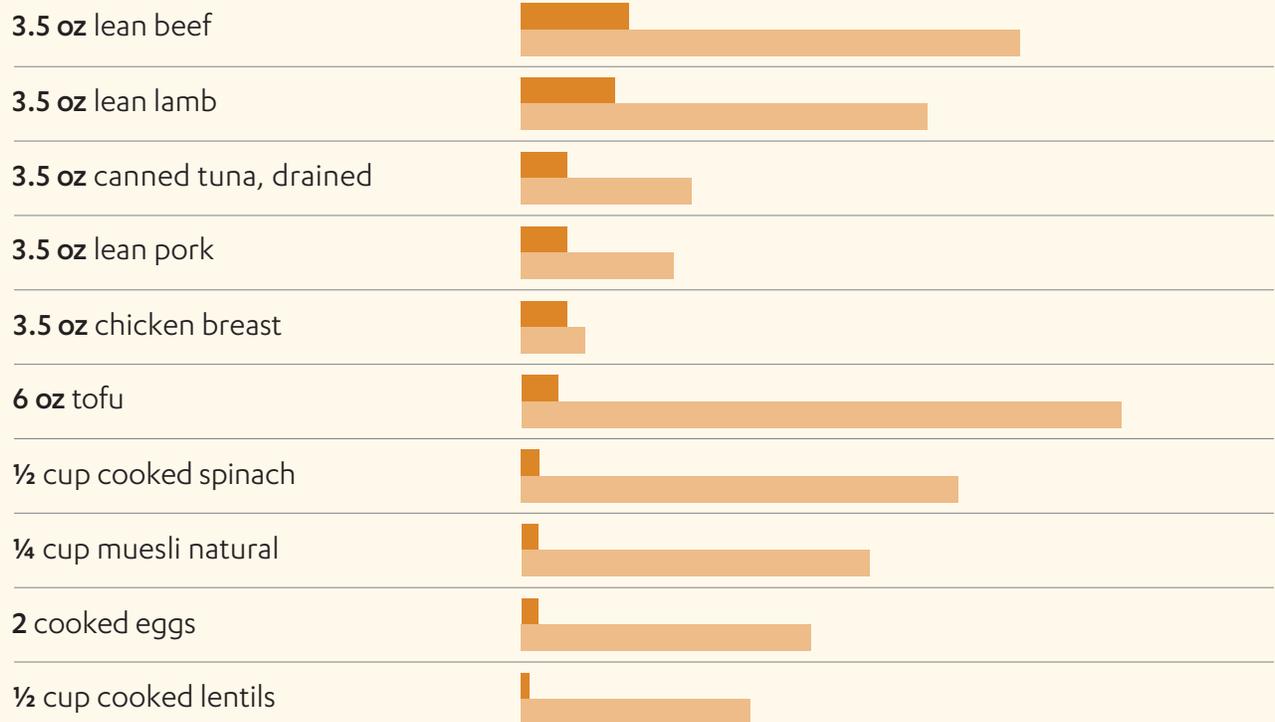


Iron-rich foods are recommended from **6 months of age for growth and development.**



**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

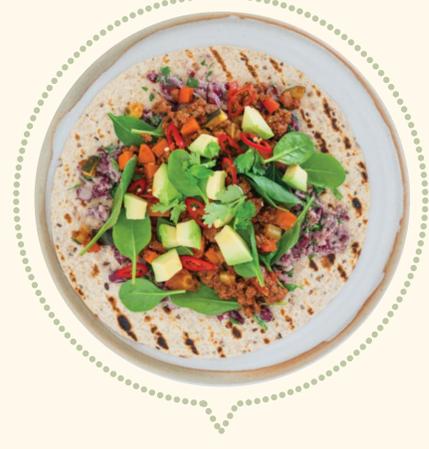


# HOW TO GET ENOUGH IRON?

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

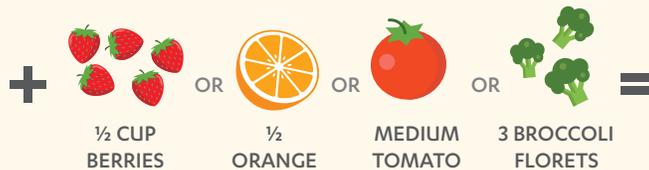


eg. Lamb



eg. Beef

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



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