

A GUIDE TO IRON-RICH MEALS



IRON IS IMPORTANT

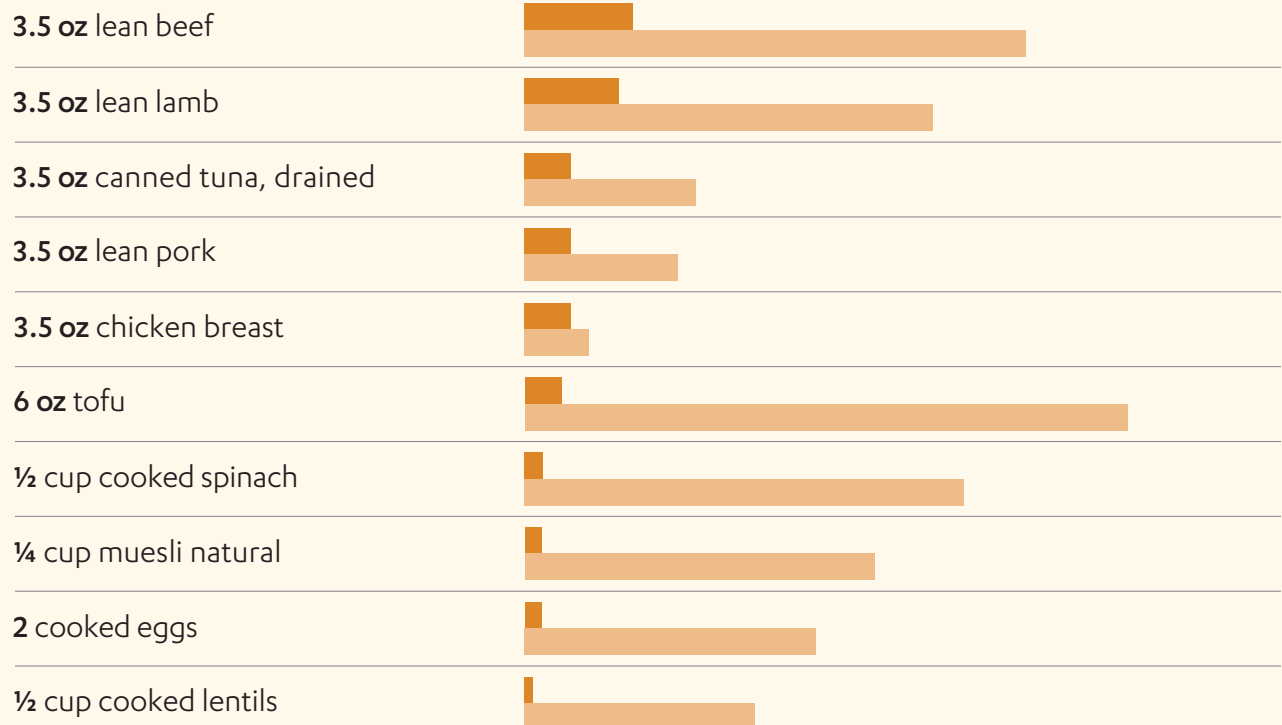


Iron-rich foods are recommended from **6 months of age** for growth and development.



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



**TRUE
AUSSIE
BEEF & LAMB**

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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