

A guide to iron-rich foods



Importance of iron



GROWTH & BRAIN FUNCTION

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



WELLBEING

Lack of energy is a common complaint in people with low iron



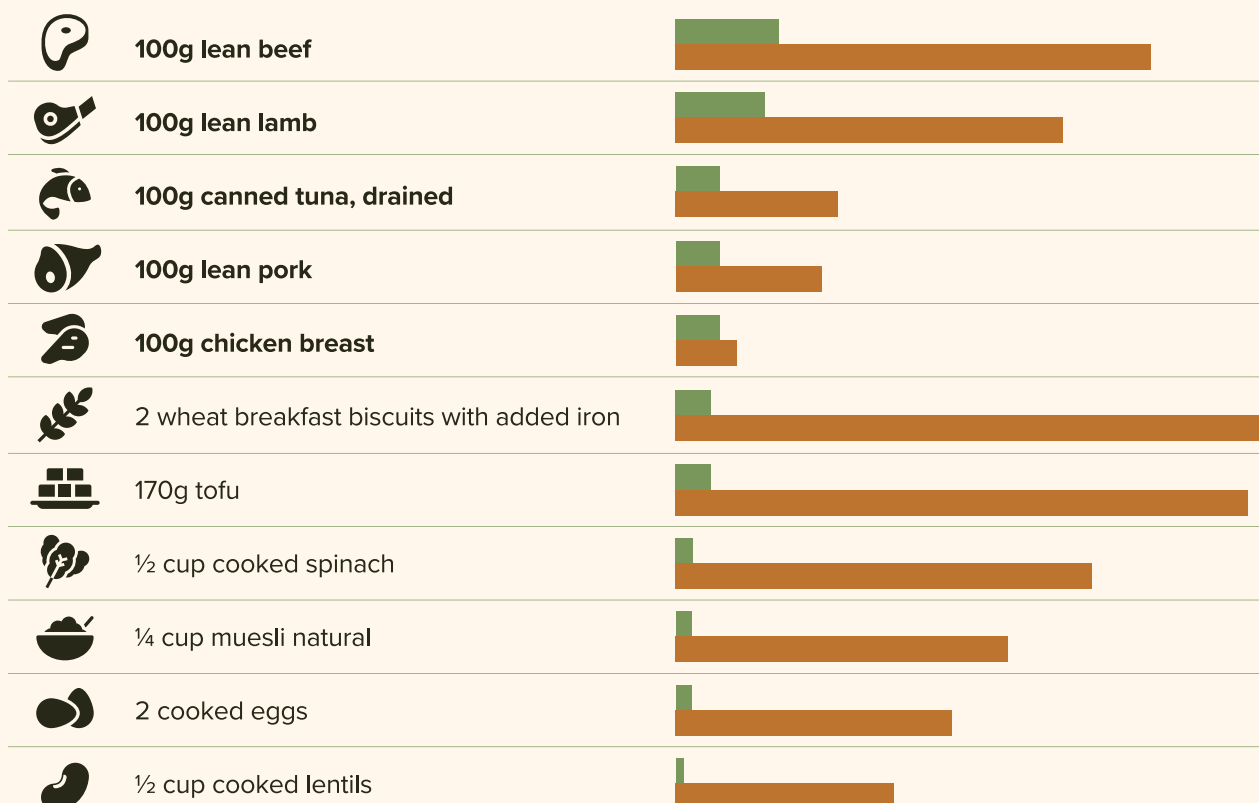
IMMUNITY

Iron is important for a healthy immune system

Sources of iron

■ Amount of iron absorbed by your body

■ Iron content of the food



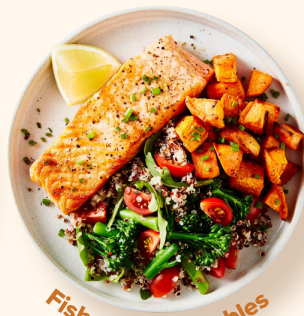
Tips to boost iron intake

1. Eat red meat every second day

Lean red meat 3 to 4 times a week in balanced meals provides amounts recommended for key nutrients, including iron and zinc. Eat a variety of other iron-rich protein foods on other days.



Beef Stir-Fry



Fish and Vegetables

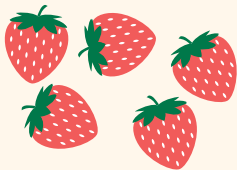


Lamb Wrap



Chicken Salad

2. When having a vegetarian meal add a vitamin C rich food like:



½ cup berries

or



½ orange

or



medium tomato

or



3 broccoli florets

For example:

Tofu without Broccoli



Absorbed Iron: **0.3mg**



Adding
vitamin C
increases the
amount of iron
absorbed from
the meal



Tofu with Broccoli



Absorbed Iron: **0.6mg**