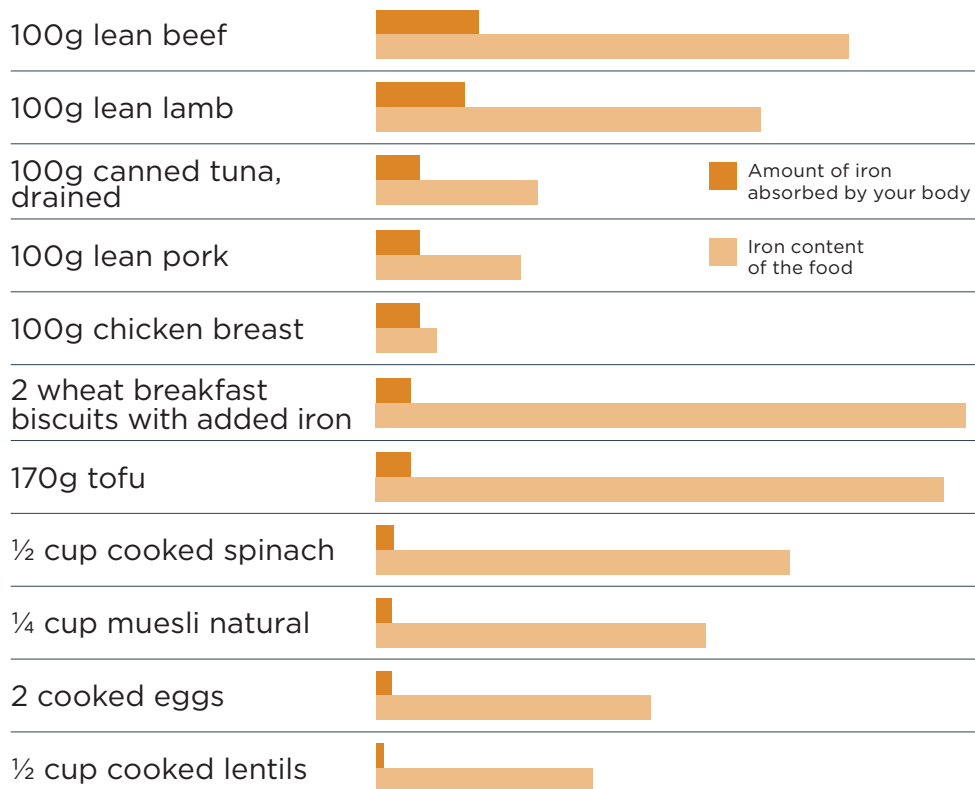


A Guide to Iron-Rich Meals

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



How to get enough iron?

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

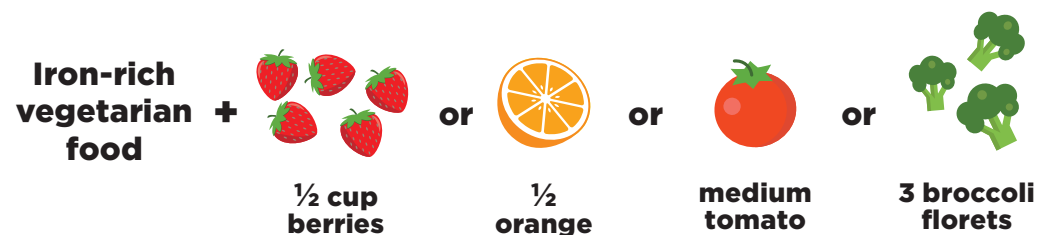


eg. Lamb



eg. Beef

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



= Increased iron absorption

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Healthy, Balanced Meal Ideas >

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. September 2019