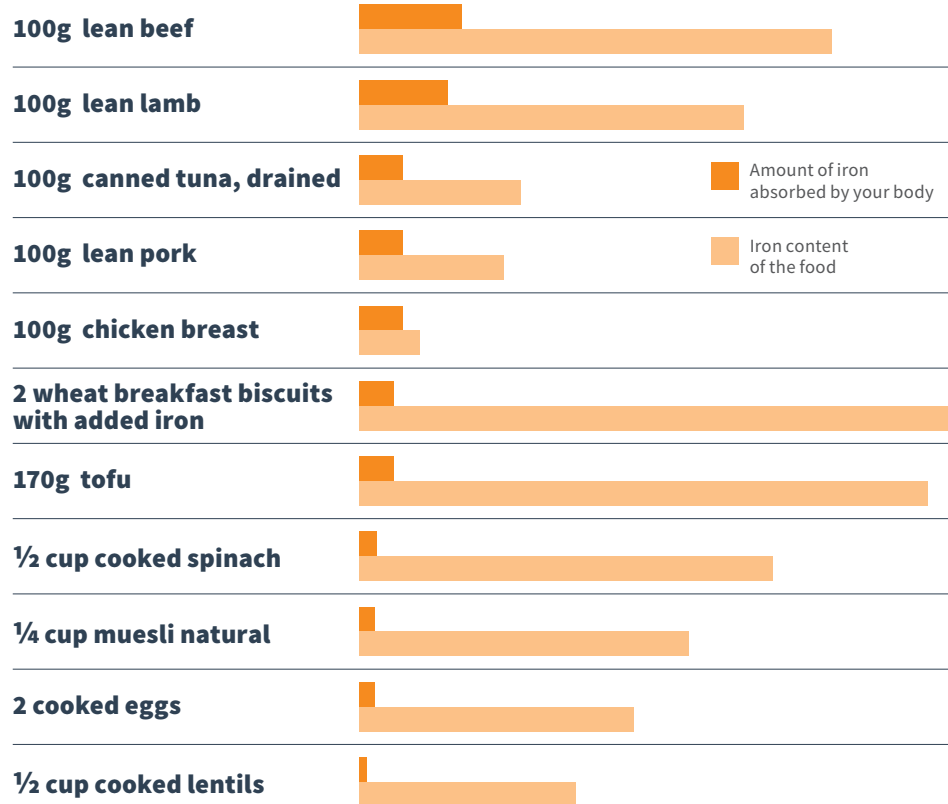


A Guide to Iron-Rich Meals

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 increased the amount of iron absorbed.

