

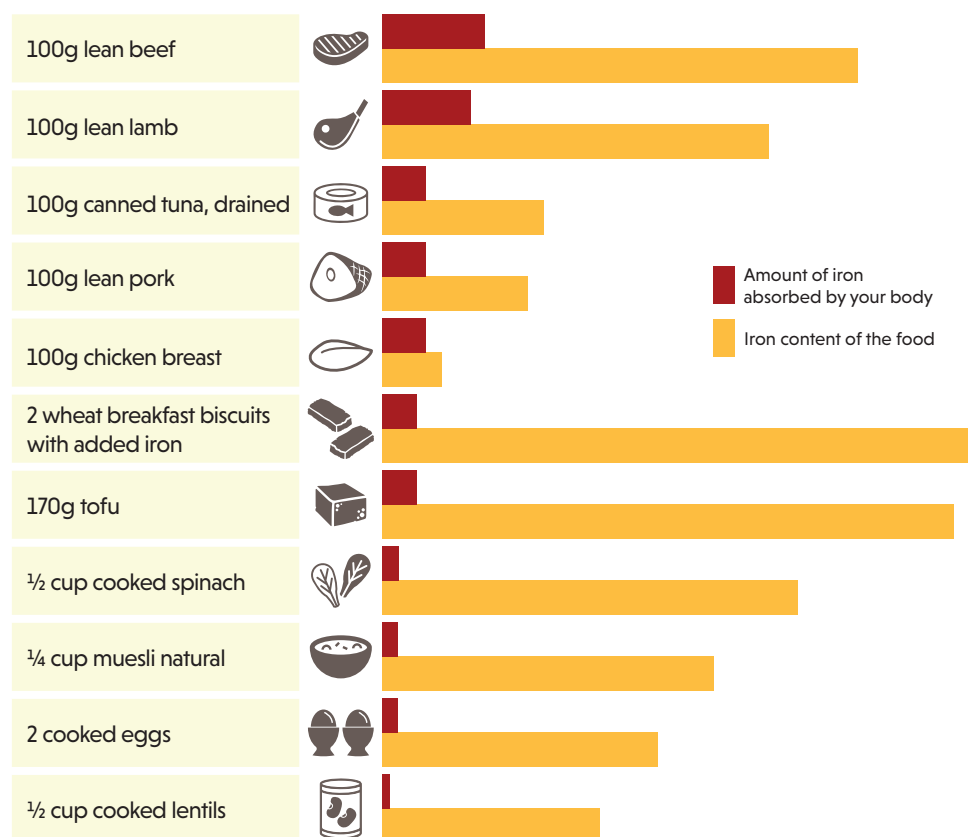
# A GUIDE TO IRON-RICH MEALS



## 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?

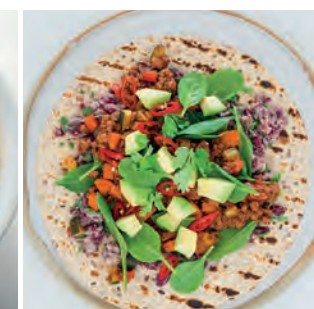
1. Having **red meat** every other day makes it easier to meet your daily iron needs.



Lamb



Tuna



Beef

2. To increase the amount of iron absorbed from vegetarian meals, add good food sources of **vitamin C** to the meal.



+



½ cup berries



+



1 tomato