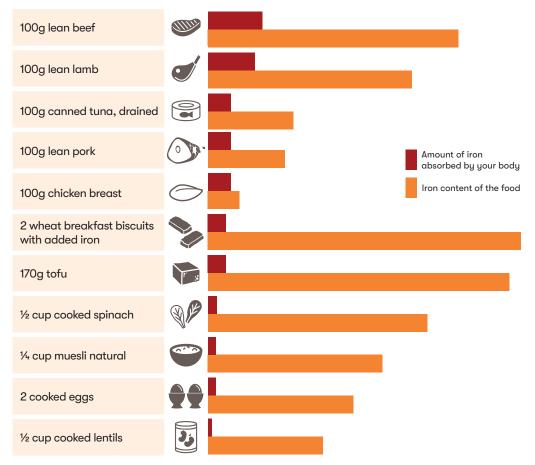
A Guide To Iron-Rich Meals

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

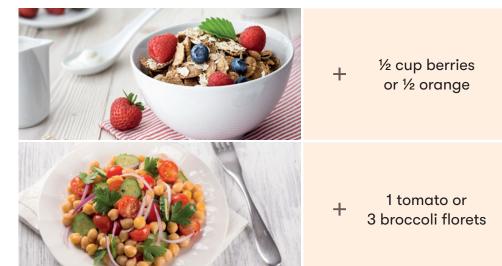


How to get enough iron?

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



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



Brought to you by the Australian red meat industry www.mlahealthymeals.com.au

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