

# Tips for choosing iron-rich foods

## Iron is important

Iron is used by the body to carry oxygen in the blood and is essential for:



### GROWTH AND BRAIN FUNCTION

for babies, toddlers and children to grow and develop normally



### WELLBEING

to produce energy from food



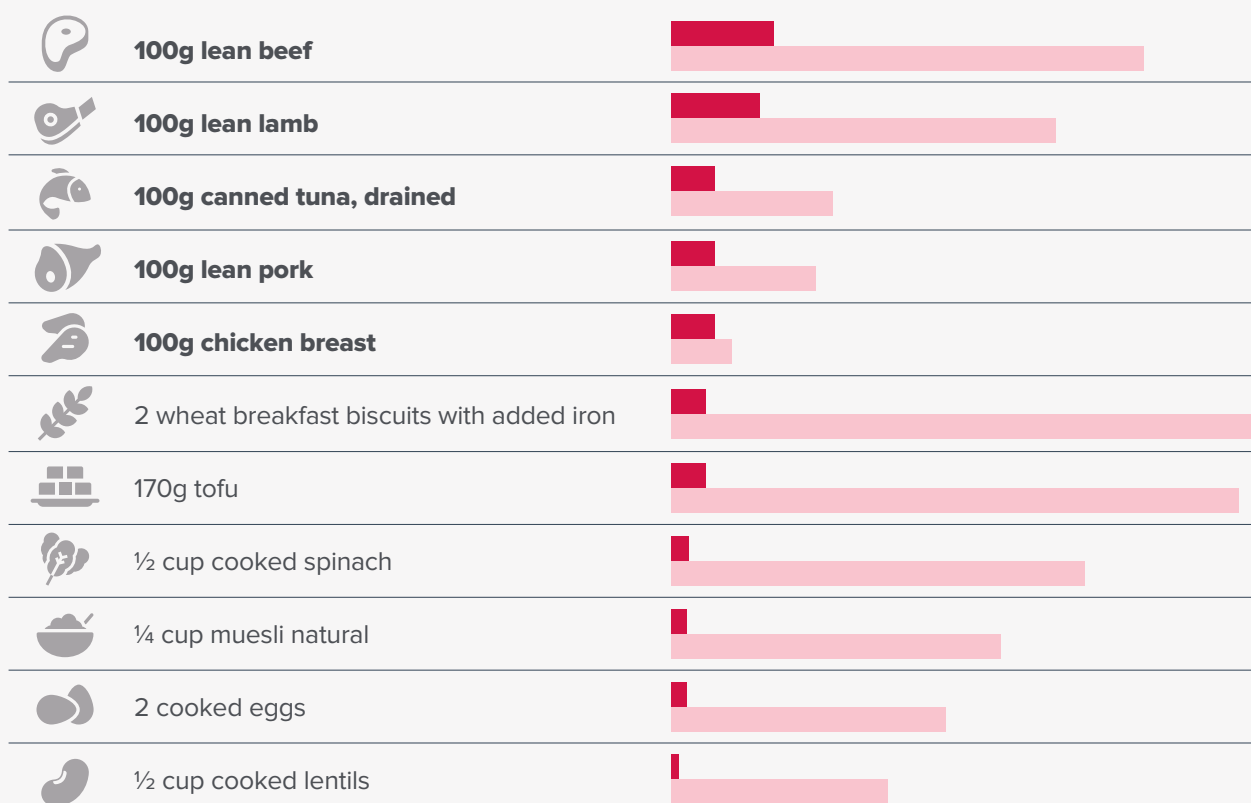
### IMMUNITY

for a healthy immune system

## Sources of iron

■ Amount of iron absorbed by your body

■ Iron content of the food



Click [mhealthymeals.com.au](http://mlahealthymeals.com.au) for

**A Guide to Balanced Meals** >

**One Meal for the Family and Baby** >

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. October 2020.

# Tips to boost iron intake

## 1. Eat red meat every second day

There are a variety of ways to enjoy red meat in 3 to 4 healthy balanced meals a week.

Beef Stir-Fry



Lamb Wrap



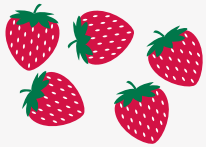
Fish and Vegetables



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



+

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

=

Tofu with Broccoli



Absorbed Iron: **0.3mg**

Absorbed Iron: **0.6mg**