

A guide to iron-rich foods



Iron is used by the body to carry oxygen and is important for health and wellbeing.



GROWTH & BRAIN FUNCTION

Iron-rich foods are recommended from 6 months of age for normal growth and development



WELLBEING

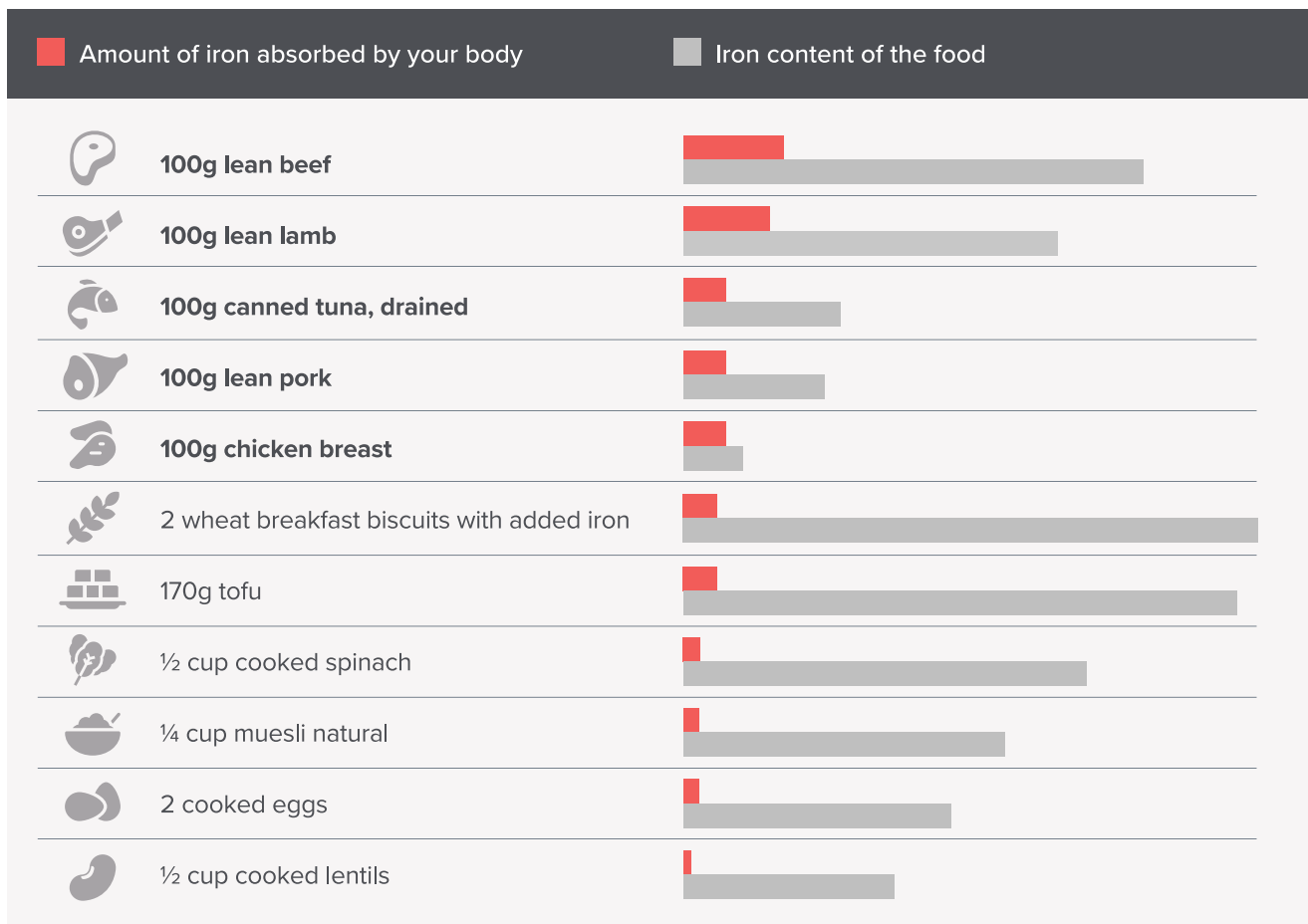
Lack of energy is a common complaint in people with low iron



IMMUNITY

Iron is important for a healthy immune system

Sources of iron



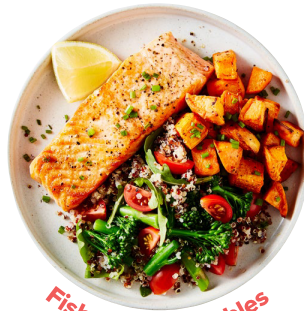
Tips to boost iron intake

1. Eat red meat every second day

There are a variety of ways to enjoy lean red meat in 3 to 4 healthy balanced meals a week. Eating red meat with vegetables, wholegrains, or legumes helps the body absorb more iron from the meal.



Beef Stir-Fry



Fish and Vegetables

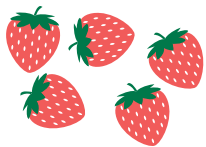


Lamb Wrap



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

Absorbed Iron: **0.3mg**

+

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

=



Tofu with Broccoli

Absorbed Iron: **0.6mg**

HOW TO ORDER FREE RESOURCES

Meat & Livestock Australia's nutrition resources provide practical tips for planning and serving healthy, balanced meals. These patient-friendly resources include portion guidance for meeting protein, carbohydrate and iron needs for different dietary requirements and life stages.

WHO IS MLA?

Meat & Livestock Australia (MLA) is an industry owned Rural Research and Development Corporation that delivers marketing, research and development services to Australia's red meat and livestock industry. Our activities in nutrition research and communications aim to support the consumption of Australian red meat in healthy, balanced meals.



For more information, visit www.mlahealthymeals.com.au