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

Amount of iron absorbed by your body		Iron content of the food
$\mathbf{\hat{\mathbf{P}}}$	100g lean beef	
0	100g lean lamb	
<u>Č</u> o	100g canned tuna, drained	
	100g lean pork	
æ	100g chicken breast	
All'	2 wheat breakfast biscuits with added iron	
	170g tofu	
(p)	½ cup cooked spinach	
(¼ cup muesli natural	
•	2 cooked eggs	
3	½ cup cooked lentils	

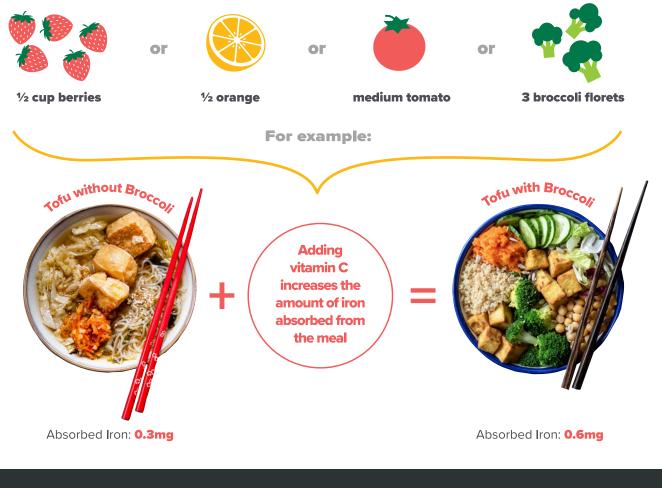
Tips to boost iron intake

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.



2. When having a vegetarian meal add a vitamin C rich food like:

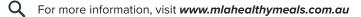


HOW TO ORDER FREE RESOURCES

WHO IS MLA?

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. 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.





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. July 2022.