



Iron for Strong Blood and Muscle

Excellent sources of iron



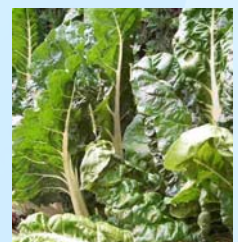
Red meat such as beef and lamb are best sources.

Good sources of iron



Pork, chicken, eggs and fish (tinned or fresh) are good sources

Other sources of iron



Nuts, legumes, cereals and leafy green vegetables are other sources



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Vitamin C helps the body absorb iron



Eat iron rich foods together with foods high in vitamin C such as:



Berries



Citrus fruits



Kiwi fruit



Orange juice



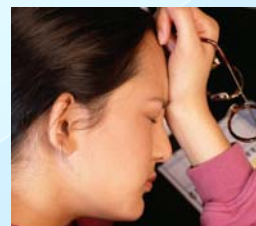
Vegetables such as broccoli, tomato, capsicum

Some drinks restrict the body from absorbing iron



Avoid drinking coffee, tea or wine together with meals. They stop the body from using the iron in the food.

Symptoms of low iron



If you do not get enough iron you may feel tired, weak, or dizzy or have trouble concentrating or have pale skin