

# TOP TIPS FOR IRON INTAKE

1

## Eat meat with veges

Pairing meat with vegetables in a meal helps your body absorb 2-3 times more iron from the vegetables.

2

## Eat a mix

Eat a mix of animal and plant protein foods. Our bodies absorb haem iron from animal sources better than non-haem iron from plant sources.

3

## Think red

Think red for higher iron content. Red meats are generally richer in haem iron than chicken and fish; a common rule of thumb is the redder the meat, the higher the iron content.

4

## Space it out

Space out tea and coffee as the tannins in them can reduce how much iron your body absorbs.

5

## Enjoy variety

Enjoy a variety of nutritious foods every day as part of a healthy, balanced diet.

6

## Enjoy red meat

Enjoy lean red meat up to three times a week as part of a balanced diet. Red meat provides haem iron that our body absorbs well.

7

## Add vitamin C

Add vitamin C foods to your meal to help iron absorption.

8

## Plan meals

Plan meals carefully if you are at risk of low iron.

If you are at all concerned about your iron levels, be sure to see your doctor.

**BEEF + LAMB**  
NEW ZEALAND