



Which food is rich in iron?

Excellent iron sources:



Beef



Fish



Sausage



Lamb



Liver, Tripe
& Trotters



Pork



Poultry,
Oysters & Mussels

Good iron sources:



Baked
Beans



Peas



Nuts &
Dried fruit



Dry Beans
& Lentils



Dark, Leafy
greens



Prune Juice



Pumpkin &
Sunflower Seeds



Iron-fortified
Cereal

Vitamin C sources to help absorb iron into the body:



Tomatoes



Greens &
Cabbage



Strawberries



Orange &
Grapefruit



Green
Pepper



Vitamin C
Fortified drinks



Sweet Melon
& Watermelon



Broccoli &
Cauliflower

TIP: Drinking tea with your meals can prevent your body from absorbing iron, while drinking fruit juice can boost iron absorption.

Your blood saves lives

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