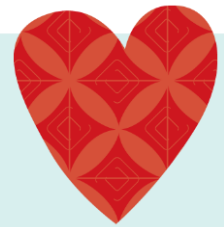


MAKING SURE CHILDREN HAVE ENOUGH IRON



Iron is important for children's developing brains.



Eating vitamin C rich food such as kiwifruit, orange, spinach, cauliflower, capsicum and broccoli help us absorb iron from plant sources. Spread iron rich foods over the day to increase absorption.

Simple ideas to include iron at each meal:

♥ **Breakfast** – Iron-fortified cereals, 2 eggs or baked beans and wholemeal toast with some kiwifruit or orange.



♥ **Lunch** – Include legumes (e.g. beans, lentils or tofu), fish, poultry or meat in lunchboxes. Some nuts and seeds are also good sources of iron. Include capsicum or tomatoes.



♥ **Dinner** – Include foods such as red meat, legumes, mussels, fish, chicken, red meat, brown rice, broccoli and leafy greens to boost iron.

