



AUSSIE  
BEEF & LAMB

# IRON

## Why red meat is a good source

- It is **rich in the type of iron (hemeiron)** that is the easiest for the body to absorb
- It contains **more iron than any other meat protein**
- Because **the iron is easily absorbed**, you get much more from a serving than from other food types e.g. leafy green vegetables (which are non-heme iron)



Iron needs are higher in women during their **reproductive years**



Iron-rich foods are recommended from **6 months of age** to support growth and development



**Coffee & tea can inhibit the absorption of iron** so avoid drinking them during or straight after your meal



**Vitamin C can enhance the absorption of iron** so try adding citrus fruits or leafy greens to your meals containing beef

## Health Benefits



Helps reduce tiredness and fatigue



Supports the immune system



Supports brain function