Five Perfect Iron Rich Foods

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Plant sources of iron are known as **non-haem** iron.

1



GREEN LEAFY VEGES

Spinach, Kale, Beet & Turnip Greens, Swiss Chard

2



TOFU

Rich in iron and protein, absorbs flavours from marinades well.

3



LENTILS

Red, Green, Yellow and Brown varieties are delicious thrown into soups, stir-fries or stews.

4



BEANS & PEAS

Baked beans, chickpeas, white, kidney, navy, pinto, soy, black, roman/cranberry, adzuki beans.

5



NUTS & SEEDS

Nuts (cashews, almonds, hazelnuts, macadamia, pistachio), sunflower & sesame seeds.



VITAMIN C

Boost absorption with citrus fruits and juices, cantaloupe, strawberries,
broccoli, tomatoes and peppers.