



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.