

Foods with haem and non-haem iron

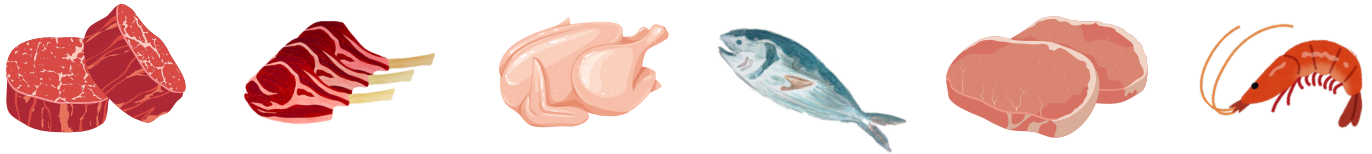
The mineral iron is important in the diet of children because:

- It helps make red blood cells that carry oxygen around the body and oxygen is necessary for the body to produce energy.
- It's required for brain development and normal brain function.
- Iron deficiency can lead to tiredness, poor sleep and headaches.
- It strengthens resistance to infection.



What is haem iron and what foods is it found in?

Haem-iron is found in animal foods such as red meat (beef, lamb, kangaroo) pork, veal, poultry, fish and shell fish. Haem-iron is well absorbed by the body and red meat are a better source of iron than light coloured meats.



What is non-haem iron and what foods is it found in?

Non-haem iron is found in plant foods such as wholemeal and wholegrain bread, wholemeal pasta, legumes (especially chickpeas and soybeans) and breakfast cereal with added iron. Non-haem iron is not absorbed as well as haem-iron.



Iron and vitamin C make a great pair

Iron and Vitamin C work together as a team to help the body use iron well.



Go to the next page to read more on vitamin C.



**Information sourced from Caring for Children



'The heart of a child'
by Worimi Artist
Lara Went

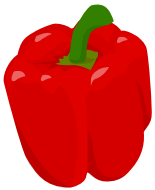
Good for kids
Good for life



Vitamin C source for iron absorption

Vitamin C improves the absorption of non-haem iron. When serving non-meat meals, it is best to serve with food that contains a significant amounts of vitamin C. These include:

Vegetables sources of vitamin C



Capsicum



Broccoli



Tomatoes



Cauliflower



Sweet potato

Fruit sources of vitamin C



Oranges



Kiwi Fruit



Strawberries



Rock melon



Watermelon

Making iron and vitamin C meals

Iron rich food

Cereals or oats
fortified with iron



Vitamin C rich foods

Strawberries,
blueberries or
raspberries
(fresh or frozen)



Meal idea

Wholegrain
cereal or
porridge with
berries



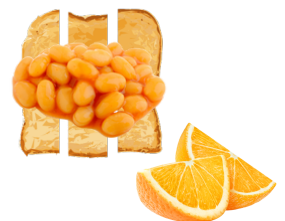
Baked beans
(reduced-salt) and
wholegrain bread



Oranges slices or
other fruit of
choice



Baked beans
& toast
fingers, served
with fruit



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