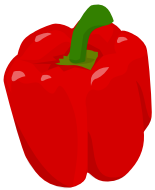


Vitamin C source for iron absorption

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



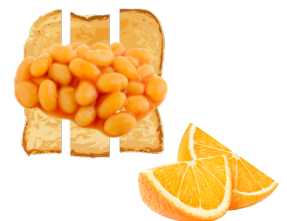
Baked beans
(reduced-salt) and
wholegrain bread



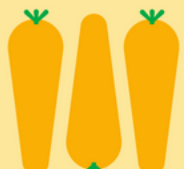
Oranges slices or
other fruit of
choice



Baked beans
& toast
fingers, served
with fruit



**Information sourced from Caring for Children



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

Good for kids
Good for life

