

Foods with haem and non-haem iron

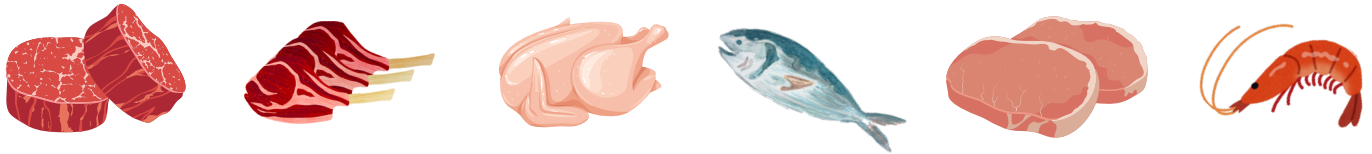
The mineral iron is important in the diet of children because:

- 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

