

IRON

Why do you need Iron?

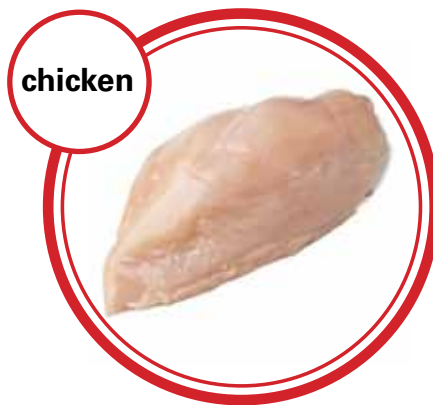
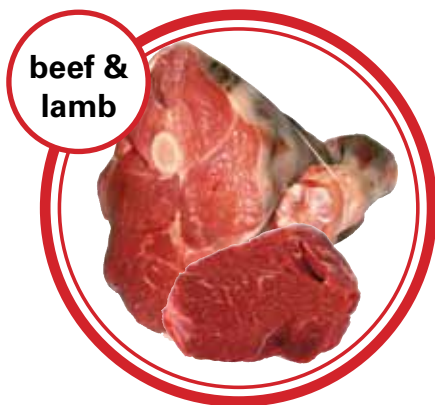
You need to eat foods with Iron in them for your body to work well.

If you do not have enough iron in your body you may:

- feel tired
- find it hard to think and concentrate
- find it harder to learn
- feel cold
- be more likely to get sick.

What foods have Iron?

High Iron foods are:



The **redder** the meat, the more iron there is in it.
The type of iron found in these foods is very easy for your body to use.

Other foods with Iron are:



- porridge, Weetbix
wholegrain breads



- vegetables



- eggs



- chickpeas
beans
lentils
nuts

TIPS!

To help your body use the iron:

- ✓ **Eat** foods high in **vitamin C** at **meal times**. These are oranges, orange juice, kiwi fruit, tomatoes and broccoli. This will help your body use the iron.
- ✗ **Do not drink tea** with your **meal**. Tea stops your body using iron. Wait at least one hour after eating.

Do check:

- ✓ If you are vegetarian or vegan you may need to take iron tablets. Talk to your Doctor or Nurse about this.