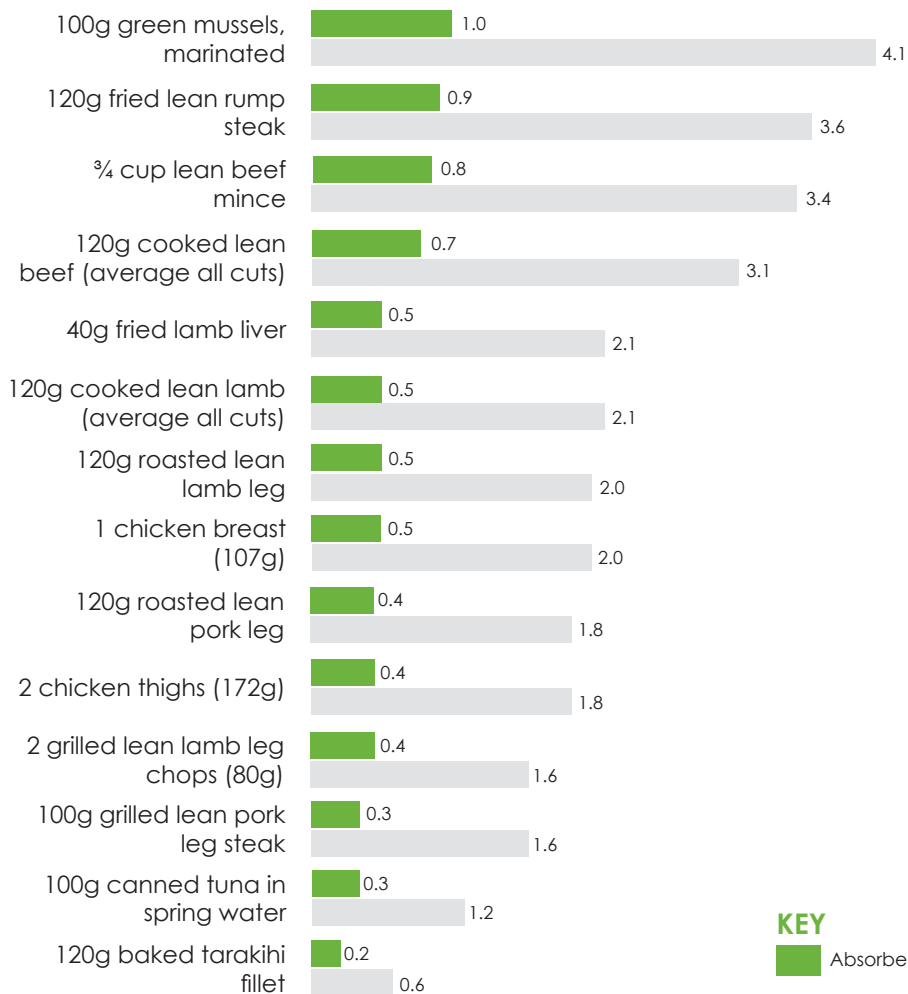


# IRON FOODS

## HAEM IRON FOODS

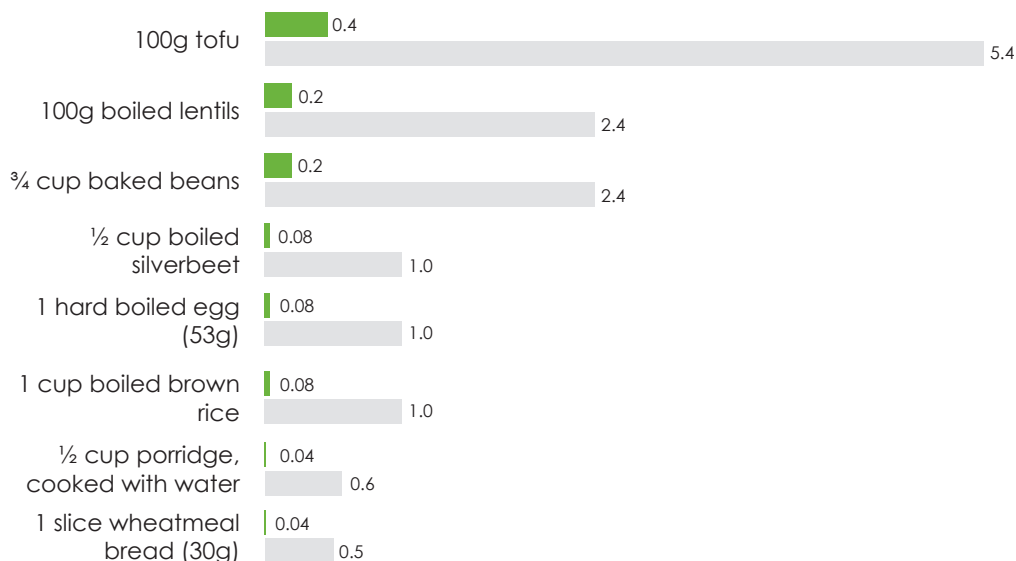
- Best absorbed (typically 10 to 25%)



**KEY**  
 Absorbed Iron (mg)  
 Total Iron (mg)

## NON-HAEM IRON FOODS

- Less absorbed (typically 3 to 8%)



Source: The Concise New Zealand Food Composition Tables, 10th edition, 2013.