

WORLD IRON AWARENESS WEEK

27 AUG - 2 SEP 2018

Are you getting enough?



80%

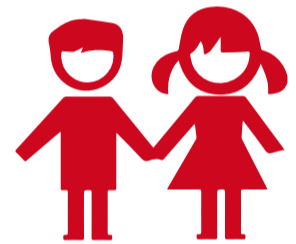
of toddlers don't meet the recommended daily intake of dietary iron¹

AT 7 MONTHS

a baby needs more iron than her dad.

Iron is crucial for brain development in babies and toddlers.

14%



of **children** under the age of 2 are **iron deficient**²

1 in 14
New Zealand women
are low in iron³



over a third
of teenage girls
don't achieve
their daily iron
requirements³

Symptoms of iron deficiency are commonly associated with a busy lifestyle or a bug. If you can tick any of the following symptoms you may be suffering from low iron levels.

● tiredness ● grumpy and irritable ● frequent infections ● difficulty concentrating ● feeling the cold

To find out more visit the website or your GP

ironweek.co.nz | [#WorldIronWeek](https://twitter.com/WorldIronWeek)