

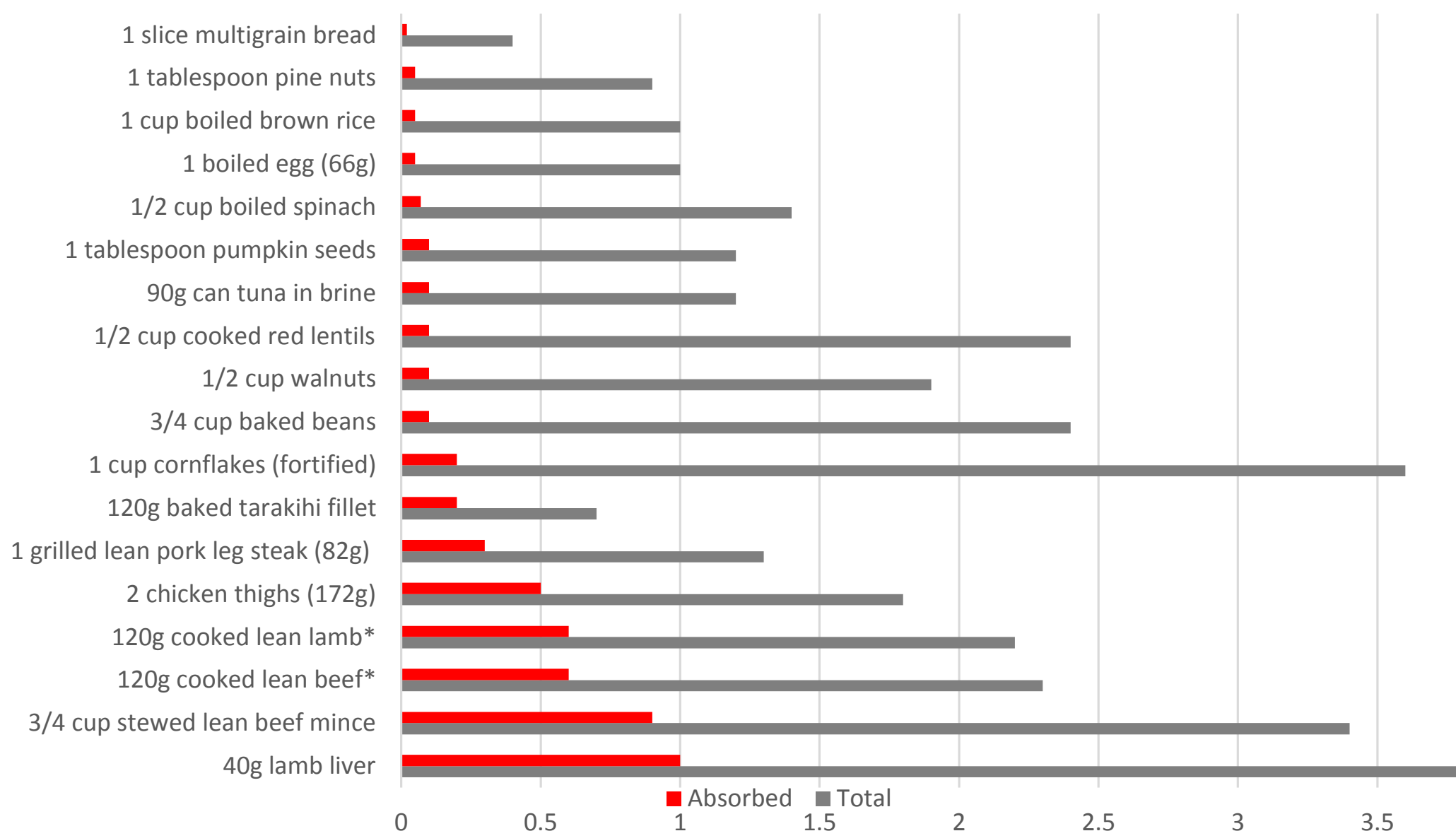
Comparison of HAEM & NON-HAEM IRON

There are two types of iron: haem and non-haem

HAEM IRON is found in animal foods and is absorbed easily by the body at about 25%.

NON-HAEM IRON is found in a wide range of foods but is poorly absorbed.

For top iron intake, include a variety of haem and non-haem iron foods in your diet each day.



WORLD IRON AWARENESS WEEK
27 AUG - 2 SEP 2018

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