

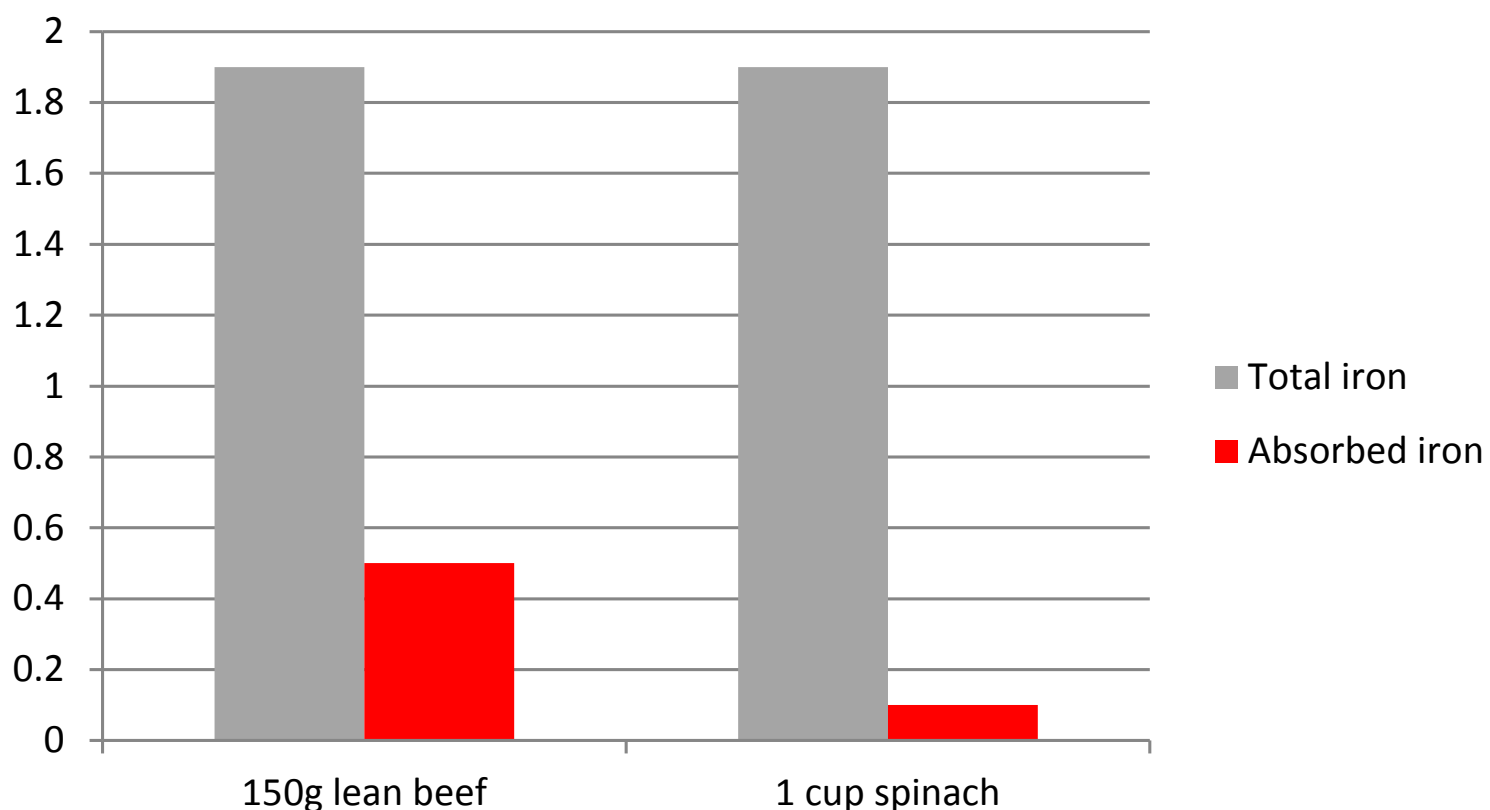
Comparison of LEAN BEEF VS SPINACH

How much iron are you absorbing?

150g lean beef
0.5mg absorbed iron



1 cup spinach
0.1mg absorbed iron



* Values obtained from FoodWorks 8 Version: 8.0.3553

WORLD IRON AWARENESS WEEK
27 AUG - 2 SEP 2018

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