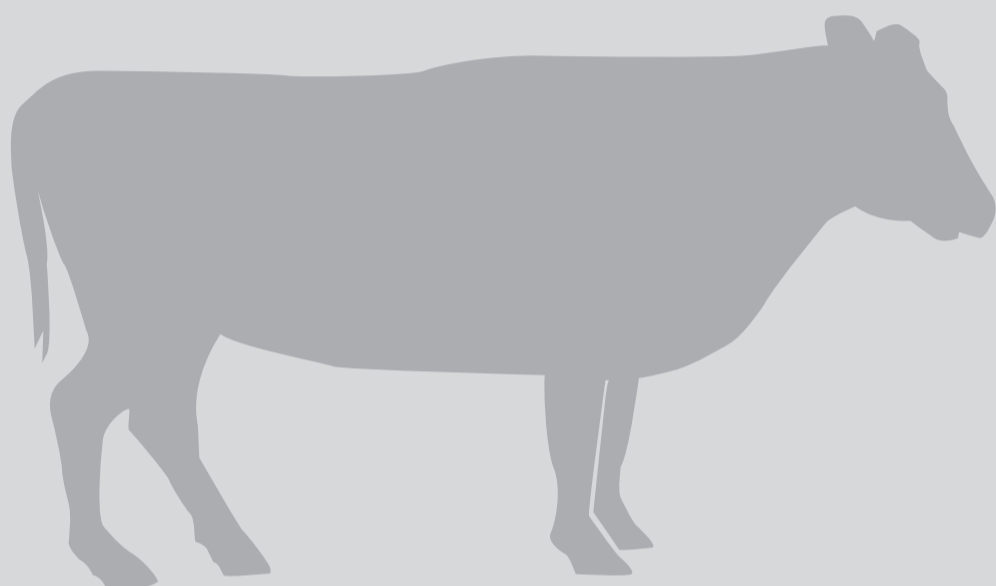


Comparison of PROTEIN FOODS

The redder the meat, the higher the iron content

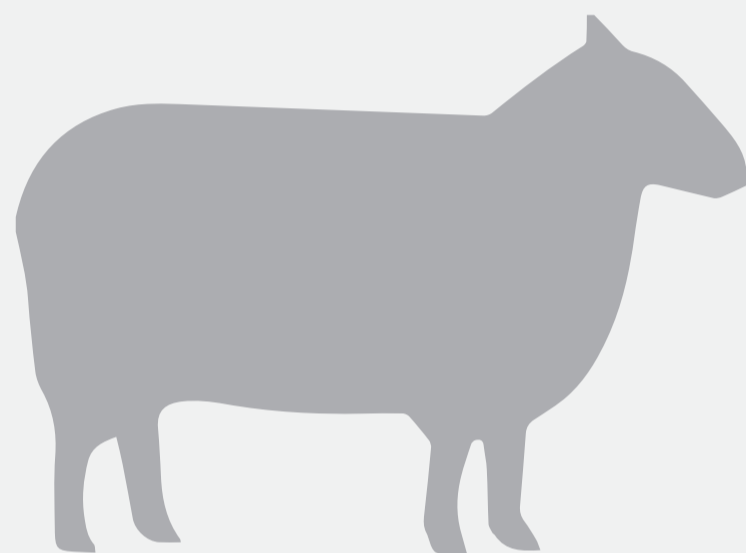
1.9mg iron

in 150g lean beef



1.4mg iron

in 150g lean lamb



0.9mg iron

in 150g hoki



0.6mg iron

in 150g lean
chicken breast



* Values obtained from FoodWorks 8 Version: 8.0.3553

WORLD IRON AWARENESS WEEK

27 AUG - 2 SEP 2018

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