

Why is iron an important part of our diet?

Iron is important for the red cells in our blood that carry the **oxygen around the body**. Iron deficiency is the most common nutrient deficiency in the world; it can make people feel **tired**.

What are the main types of sources of iron in our diet?

Most people know that a good source of iron is **red meat**. However, nowadays, more than ever, we are becoming more aware of how high consumption of red meat/ processed red meat can have a detrimental effect on our health (e.g. high cholesterol, heart disease, type 2 diabetes, bowel cancer, etc) and the environment (e.g. deforestation).

The options listed below are **plant-based** in order to help you get the iron you need in a much healthier way.

- ✓ Chickpeas
- ✓ Lentils
- ✓ Kidney beans
- ✓ Soya beans
- ✓ Tofu
- ✓ Chia/hemp/pumpkin seeds
- ✓ Kale, cabbage, broccoli
- ✓ Cashew nuts
- ✓ Dried fruits
- ✓ Quinoa
- ✓ Fortified cereals (beware of sugar!)



Image by Migle Seikyte

Top Tip 1 !!

Combine the above with foods high in **Vitamin C*** to help iron absorption

Top Tip 2 !!

Tea, coffee & cow's milk can block iron absorption so avoid drinking those with your meals

*foods high in Vit C: peppers, broccoli, cabbage, kiwi, strawberries, oranges, brussel sprouts, grapefruit, pineapple