How much iron is in your diet?

Iron is important to help your body make red blood cells and turn oxygen into energy.

- Chicken: 0.7mg per 100g
- Prawns: 1.1mg per 100g
- Salmon: 0.4mg per 100g
- Spinach: 1.6mg per 100g
- Steak: 3.6mg per 100g
- Broccoli: 1mg per 100g

Discuss your iron intake with your healthcare professional.