

How much iron is in your diet?

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

Steak: 3.6mg per 100g



Chicken: 0.7mg per 100g



Prawns: 1.1mg per 100g



Salmon: 0.4mg per 100g



Broccoli: 1mg per 100g



Spinach: 1.6mg per 100g



Discuss your iron intake with your healthcare professional.

