

Iron

Why do we need it?



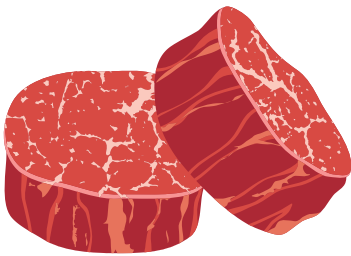
- To make red blood cells, which carries oxygen around the body.
- To prevent iron deficiency anemia.
- To prevent tiredness and lack of energy.

Recommended Daily Allowance: depends on age & gender

8.7mg a day for men over 18

14.8mg a day for women aged 19 to 50

8.7mg a day for women over 50



= 3mg

100g Round Steak



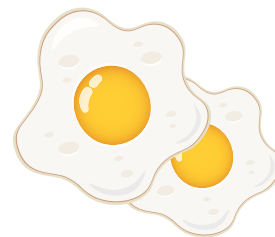
= 2.7mg

100g Spanich



= 4.1mg

50g Kidney Beans



= 1.7mg

2 Eggs

Symptoms of Deficiency

Constant Headaches



Fatigue



Pale Skin



Shortness Of Breath

