










Every Bite Counts

Make the most of every bite by eating vegetables containing iron with vitamin C rich kai. Maximising iron absorption helps support brain development, strong immune systems and growth.

Remember the best sources of iron are lean meat, chicken, fish and seafood. When eaten with vitamin C rich kai, tofu, beans, legumes like lentils and iron-fortified cereals are good sources of iron too.

Vegetables containing IRON	+	VITAMIN C rich kai	=	INCREASED IRON ABSORPTION
Kōrare / Silver beet 		Rīwai / Potato 		 Thick purée
Kāpeti / Cabbage 		Āporo / Apple 		 Mash
Pokori / Broccoli 		Ārani / Orange 		 Finger food

Vegetables containing IRON	+	VITAMIN C rich kai	=	INCREASED IRON ABSORPTION
Pī / Peas 		Purple kūmara 		 Thick purée
Butternut paukena 		Kareparāoa / Cauliflower 		 Mash
Taro 		Huakiwi / Kiwifruit 		 Finger food