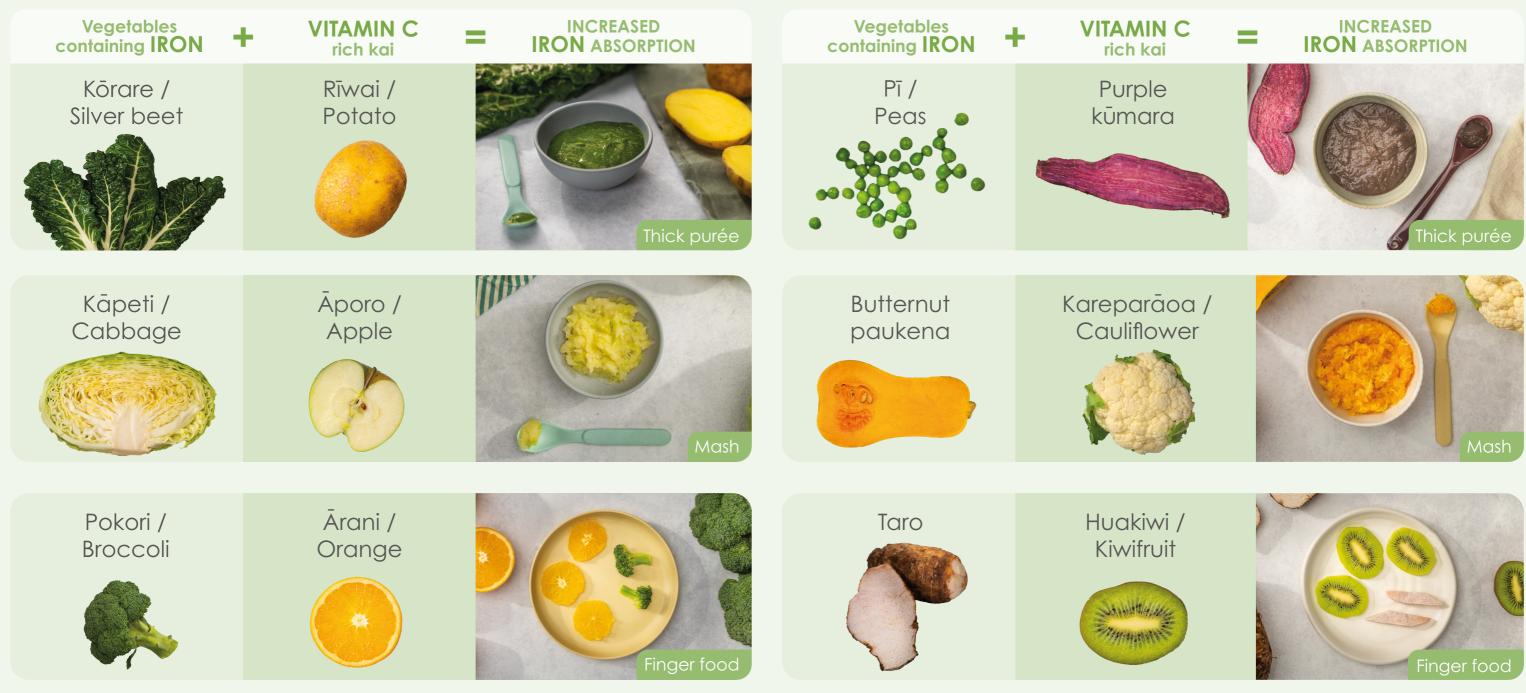
## **Every Bite Counts**

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.





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Check out our website www.5aday.co.nz for more recipe ideas.

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Developed in partnership with the Heart Foundation. For more information visit heartfoundation.org.nz