



Best sources of Iron (non-meat)

The Caring for Children Guidelines:

On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu

On each day that a white meat or non-meat meal is served, at least 2 other iron containing foods are included on the menu.

Meat Replacement



Chickpeas



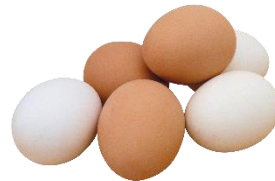
Baked Beans



Lentils



Kidney Beans



Eggs



Tofu

Sources of Additional Iron



Bran cereals



Wholegrain bread



Oat cereals



Rye Bread



Wheat Products



Fruit Bread



Corn Flakes



Rice bubbles



Weet Bix



Vita Weats



Sweet Potato



Baby Spinach



Kale



Collards



Chard



Silverbeet Spinach



Peas



Broccoli



Beetroot Greens

Dried fruits are a source of iron, however they are also very high in sugar.

If you are providing these to children please limit their intake.



Health
Western Sydney
Local Health District



Dried apricots



Dates



Dried Figs



Raisins