

## Iron-rich meal ideas

There are many ideas for meals that contain plenty of iron.

### Breakfast

- A bowl of iron-fortified cereal with low-fat milk and kiwifruit or berries.
- Two slices of wholegrain toast with a thin spread of peanut butter and an orange or kiwifruit.
- Wholegrain toast and baked beans or sardines, and an orange or kiwifruit.

### Lunch

- A filled wholemeal roll with lean beef, baby spinach leaves, tomato and grated carrot.
- Pita bread filled with lean lamb or hummus, lettuce, tomato and avocado.
- Jacket potato filled with chilli con carne or baked beans, topped with cheese and served with a salad.
- Wholegrain toast topped with scrambled eggs, sliced tomato and chopped parsley.
- Chickpea salad made with canned chickpeas, roasted pumpkin, feta cheese, tomato, parsley and toasted pumpkin seeds.



### Dinner

- Meatballs in a tomato-based sauce, with pasta and a green salad.
- Beef casserole with baked potato, pumpkin and broccoli.
- Chicken stir-fry with broccoli, red capsicum and noodles, topped with sesame seeds.
- Seafood curry with rice, carrots and silverbeet.
- Tofu and vegetable stir-fry with noodles, topped with roasted cashews.
- Lentil dhal, brown rice and broccoli.

Follow your meal with a piece of fruit or a fresh fruit salad. This will help your body to absorb the iron in your meal.

### Snacks

- A small handful of dried fruit and/or nuts.
- Wholegrain crackers with Marmite and cheese, or hummus and tomato.
- A peanut butter sandwich and piece of fruit.

*Written by HealthInfo clinical advisers. Last reviewed May 2020.*

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