

# Eat Beef for Iron



Eating just 120g of lean beef steak provides the same amount of iron...



...as a massive 3kg of spinach.

Your body can use about 25% of the iron in red meat, but only about 5% of the iron in spinach.



For recipes and information on the benefits of eating lean beef and lamb, contact:

**Beef + Lamb New Zealand**

Freephone 0800 733 466 or [www.recipes.co.nz](http://www.recipes.co.nz)