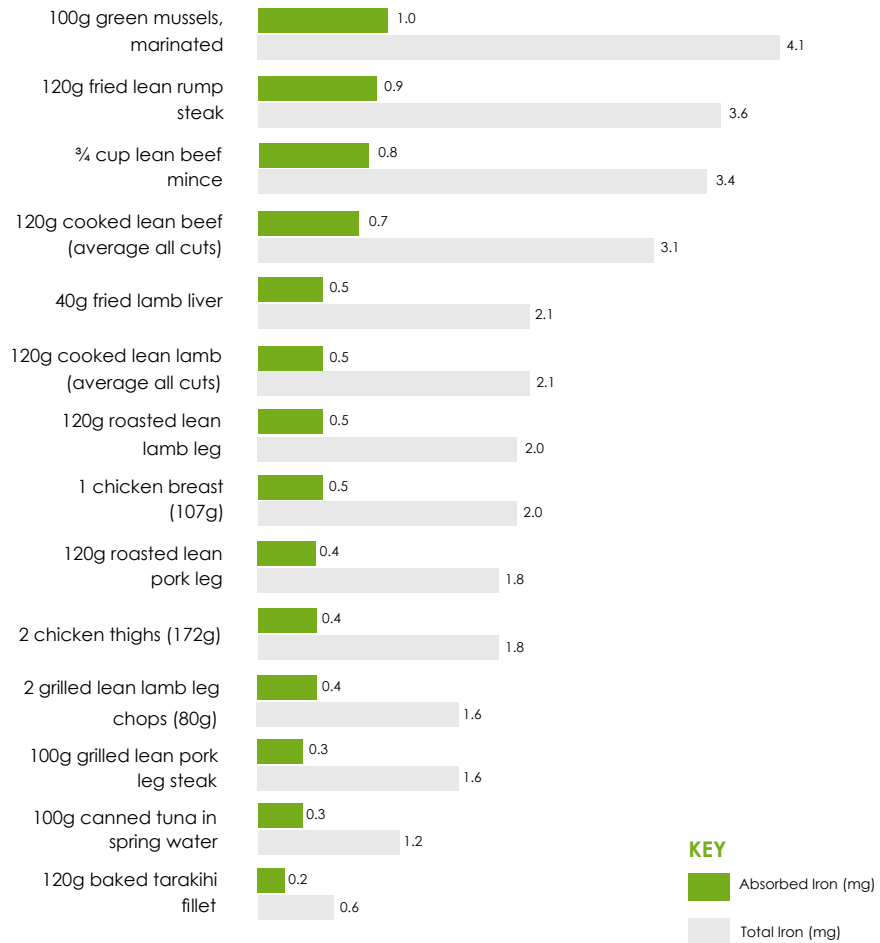


IRON FOODS

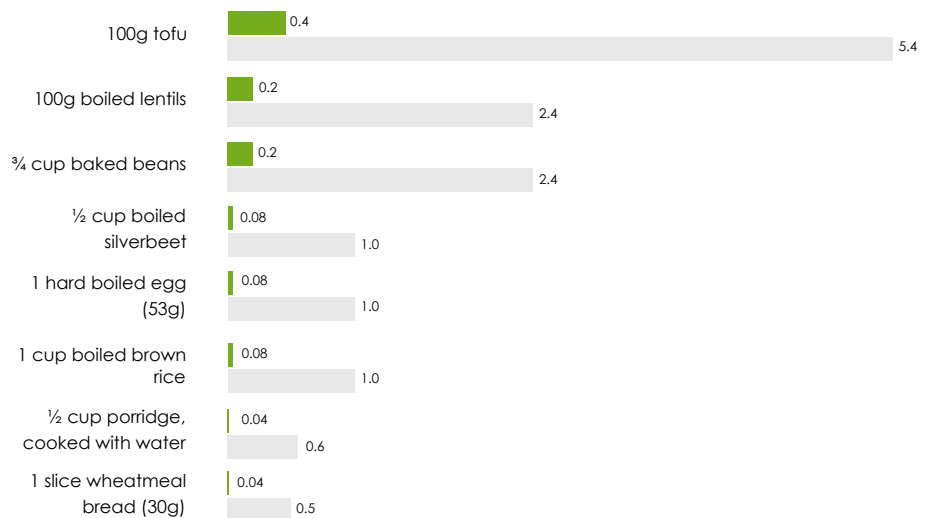
HAEM IRON FOODS

- Best absorbed (typically 25%^{11,12})



NON-HAEM IRON FOODS

- Less absorbed (typically 8%^{11,13,17})



Source: The Concise New Zealand Food Composition Tables, 13 edition (2018)⁵³.