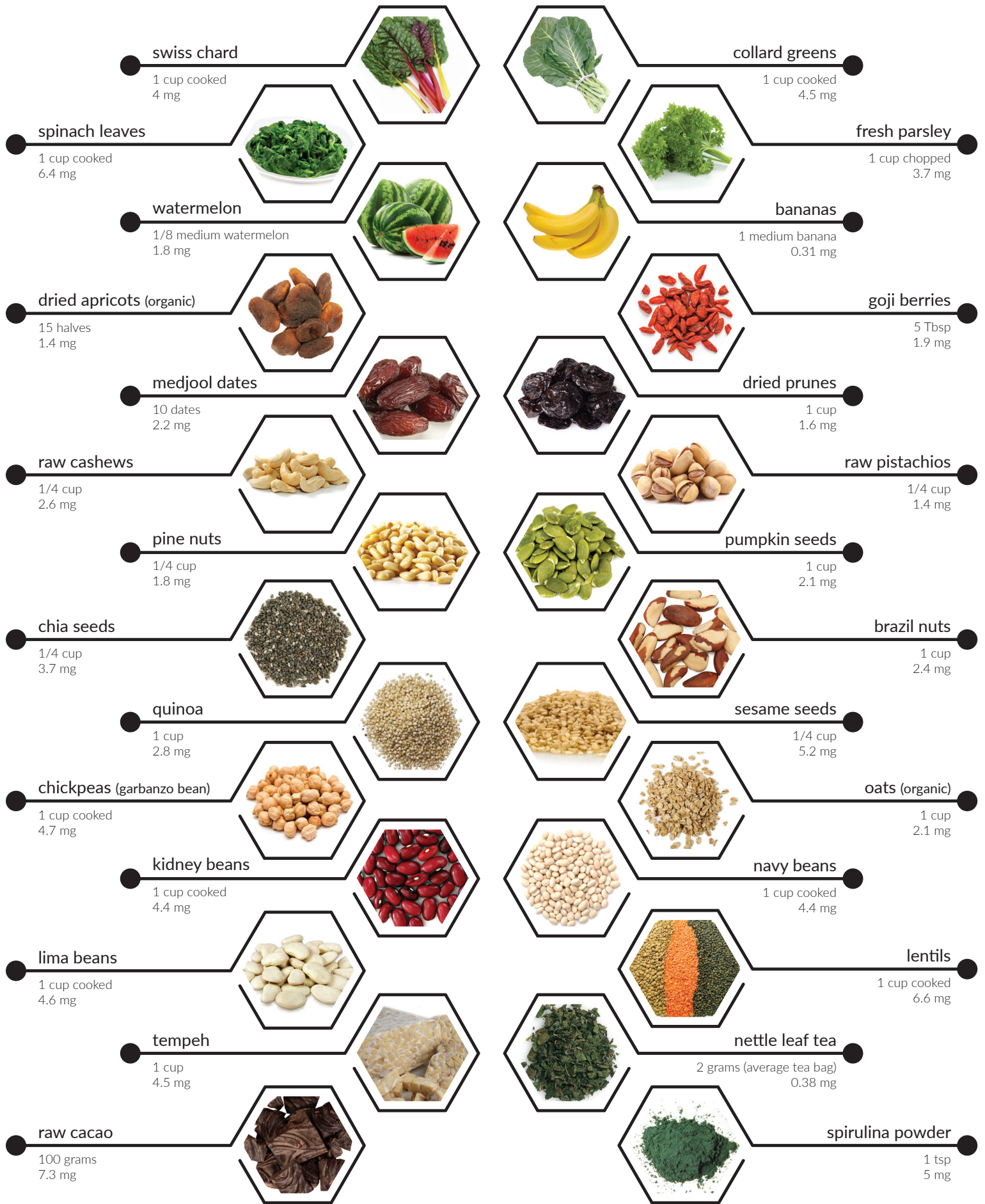


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PLANT FOODS high in IRON



How much iron do you need?

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



Infants 6-12 months
11 mg per day



kids - ages 1-8
7-10 mg per day



adolescents -
ages 9-13
8 mg per day



males - ages 14+
8-11 mg per day



women -
ages 14-50
15-18 mg per day
women 51+ only need 8mg



pregnant women -
all ages
27 mg per day

Iron absorption tips:

- > combine plant iron foods with foods rich in Vitamin C
- > avoid caffeinated drinks 1-2 hours before and/or after a meal
- > avoid large/heavy meals and eat smaller amounts throughout the day



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