

How to build up and maintain my body's iron stores



TIP: Drinking tea with your meals can prevent your body from absorbing iron, while drinking fruit juice can boost iron absorption.

Tollfree: 0800 11 9031
or visit our website at www.sanbs.org.za



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South African National Blood Service



Which foods are rich in iron?

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Hoe ek my ystervlakke kan handhaaf en aanvul



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Watter kosoorte is ryk aan yster?

WENK: Om tee te drink saam met 'n maaltyd kan ysteropname verminder. Drink eerder vrugtesap saam met etes.

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