

KAI, IRON & TANGATA

#WORLDIRONWEEK



1. Kai can support us to be in good relation with our bodies.

3. When iron is consumed via our kai it is absorbed in our small intestine. Iron absorbs even better when we also add kai that is high in vitamin c.

5. Oxygen supports the body to release the energy contained in the kai we consume. This gives us the kaha to play, to do our mahi, to rest and to spend time with our whanau and friends.

2. In particular, iron, which is found in our kai, helps our bodies energy systems to function well.

4. Iron helps the body to create red blood cells which transport oxygen to the lungs and then out to the body.

6. To ensure that we are in good relation with our bodies, to give mana to our tinana, we need to eat a variety of iron rich kai every day!