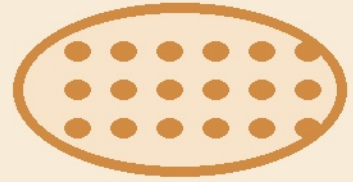


SPACE TO BREATHE

FOOD TO SUPPORT IRON INTAKE



CHICKPEAS + PEPPER

Why it can be useful

- Plant iron
- Fibre
- Vitamin C pairing

Simple ways to use it

- 1 Make hummus
- 2 Add to curry
- 3 Mix with red pepper

REMEMBER

This food can support a balanced diet, but it does not treat or cure a condition. Check allergies, intolerances and individual dietary advice.