

Meat is the Yin to Plants' Yang.

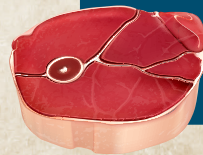


1 Many plant foods such as vegetables, beans and lentils are rich in iron, which the body needs to stay strong, healthy and energetic.



2 But meat, poultry and fish contain heme-iron, the easiest for your body to absorb and use.

3 The good news is that eating meat with plant foods actually helps the body absorb more of the non-heme iron in vegetables and other plant foods.



5 Make meat and vegetables or beans paired together part of your good nutrition team.



4 And that's important because iron deficiency anemia is the Number One nutrition deficiency in North America.

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Naturally Nutritious Meat: *The Sensible Choice.*