

# Meat is the Yin to Plants' Yang.



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**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.



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



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



**NAMI** NORTH AMERICAN MEAT INSTITUTE

[meatpoultrynutrition.org](http://meatpoultrynutrition.org)

**Naturally Nutritious Meat: The Sensible Choice.**