



衛生署  
Department of Health

經期鐵質易流失

係時候攝取鐵質啦

Women Have Higher Iron Loss Due To Menstruation  
Time To Increase Iron Intake

鐵

Iron



肉類  
Meat



海產  
Seafood



魚  
Fish



深綠色蔬菜  
Dark green  
vegetables



豆類  
Beans

多吃含豐富維生素C的蔬果  
Eat adequate Vitamin C- rich fruits  
and vegetables



進餐時盡量避免：茶、咖啡  
Try to avoid tea and coffee during meals

