

Food Comparisons

looking at the nutritional values of food



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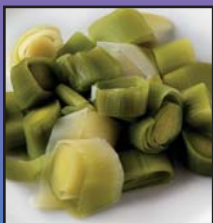
1 portion boiled
KIDNEY BEANS

4 portions white boiled
SPAGHETTI

2 roast
CHICKEN LEGS



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1.5 portions baked
BEANS

3 portions boiled
LEEKS

2.5 portions
OVEN CHIPS

Iron

- Essential for the production of haemoglobin (red blood cells) to transport oxygen in the body.
- All of these contain the same amount of iron.