

# IRON FORTIFICATION WITHOUT SUPPLEMENTATION

## COOKING IN CAST IRON CAN NATURALLY FORTIFY FOODS WITH IRON

Iron is needed to transport oxygen throughout the body. Endurance training, can lower the iron stored in the body decrease performance. To prevent iron deficiency without taking supplements, foods can be cooked in cast iron. Cast iron cookware is affordable, multifunctional, and practically indestructible. Cast iron can be used to cook or bake all your favorite foods!



### 3 TIPS TO CARE FOR CAST IRON

1. TO SEASON A CAST IRON: HEAT IT UP (NOT TOO HOT) THEN RUB SOME OIL ON IT WITH A PAPER TOWEL. DO THIS AFTER EACH USE.
2. TO CLEAN A CAST IRON USE WATER & SALT TO SCRUB. NO SOAP NEEDED, ALWAYS SEASON CAST IRON AFTER CLEANING.
3. DON'T LET IT SOAK IN WATER.

