
Iron, Calcium and Nutrition

Clams are an excellent source of iron!



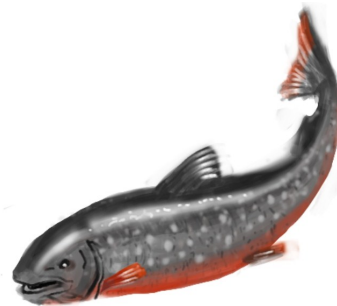
Thirteen medium clams provide seven time more iron than a regular portion of beef steak.

Everybody needs iron. Pregnant women are the ones who need the highest amount of iron. Children also need a lot of iron to grow up healthy.

Iron helps build healthy muscles and blood!

***Fish (served with the bones)
is rich in calcium.***

A serving of salmon or Arctic Char with the bones contains as much calcium as 100g of yogurt (a regular cup).



Calcium is essential for strong bones and teeth.

