

Increase Your Energy and Iron Stores with an Iron Rich Diet

Your body needs iron to transport and deliver oxygen to your organs and tissues. Without enough iron we feel tired, muscle soreness, moodiness, mental dullness & an inability to concentrate. In addition to supplements that your doctor recommends to increase your iron, eating iron rich foods will also benefit your iron levels. Increasing your iron levels with supplementation and a healthy iron rich diet should get you back to feeling great within a few weeks!

Parsley Basil Pesto

- Combine 1 c each fresh parsley and basil leaves, 2-3 cloves peeled garlic, 1/3c grated parmesan cheese, pinch of sea salt and pepper in food processor.
- Process to mix, then slowly add 1/3-1/2 cup olive oil while machine is running.
- Use on pasta, as flavoring in soups, stews, salad dressing, fish or chicken.

Take this Quiz

Which food has more iron?

- ❖ 3oz of Dark Chocolate (70-80% cocoa) or 3oz of cooked ground beef?
- ❖ 2 tsp of Blackstrap Molasses or 1 egg?
- ❖ 8 Dried Peach Halves or 3.5oz of Lamb?
- ❖ True or False: Raw greens have more available iron than cooked greens?

WINNERS!

Dark Chocolate (10 mg); Ground Beef (2.1mg)

Blackstrap Molasses (2.3mg); Egg (1mg)
Dried Peaches (6mg); Lamb (1.2mg)

False: boiling your greens (and fermenting foods) decreases oxalic acid in foods which may inhibit iron formation and storage.

Other foods to avoid eating with (at the same time as) iron supplements are dairy, black tea, coffee, chamomile, peppermint or high fiber meals.

- ✓ Do eat an orange or drink orange juice with iron rich foods and iron supplements as Vit C increases absorption of iron.
- ✓ Other great food choices: Pomegranate, blueberries, red grapes, elderberries, parsley, red beets.