

Did I Get Enough Iron Today?

A Cheatsheet
for Plant-Based Women

Your Logo and
Business
Information
Here



Iron on a Plant-Based Diet

The most common question newbie vegans get from well-intentioned family and friends is, “*Where do you get your protein?*”

But now, documentaries like *Game Changers* have gone mainstream. And vegan athletes like Kyrie Irving are killing it on the court. So the “protein issue” seems to (hopefully) be put to rest.

Another question you may get as a non-meat eater is, “***Where do you get your iron? Doesn't it come from red meat?***”

Sure, iron *can* come from red meat. But it can also come from beans, nuts, seeds, vegetables, and a lot of other plant-based foods. In fact, statistics show that vegetarians and vegans have *no greater risk* of developing an iron deficiency than non-vegetarians [1].

And more is not always better! Especially when we're talking about *heme iron*, or iron that comes from animals. Our body doesn't have the ability to regulate the uptake of heme iron in the intestinal lining. It absorbs everything that you give it. [3]

Too much iron in our systems has been associated with an increased risk of heart disease, metabolic syndrome, and even cancer. [4]

Here's the good news...

Your body *does* have the ability to regulate the uptake of *non-heme iron*, or the iron found in plant foods. If you're consuming more non-heme iron than your body needs, it's simply excreted, ahem, into the toilet! [2]

How to Use the Cheatsheet

You may still be wondering... "But where *do* I get iron on a vegan diet?"

Check out the following cheatsheet, print it off, and keep it handy. *Every day, you'll want to eat...*

- 3 foods from Level 1... *plus*
- 4 foods from Level 2... *plus*
- 6 foods from Level 3... *that's it!*

Do this, and you'll have consumed all the iron your body needs for the day!

Note: This cheatsheet is based on the current RDA for premenopausal women of 18mg per day. It is not intended for women who are pregnant, as pregnant women are recommended to consume 27mg of iron per day. [5]

Did I Get Enough Iron Today?

Level 1: "The Heavy Hitters"

Eat 3 of these every day

- Molasses - 1/2 Tbsp
- Lentils - 1/3 cup cooked
- Beans - 1/2 cup cooked
- Cashews - 1/4 cup
- Amaranth - 1 cup cooked
- Potatoes - 1 cup boiled and chopped
- Brussel Sprouts - 1 cup cooked

Level 2: "Middle of the Road"

Eat 4 of these every day

- Rolled oats - 1/2 cup dry
- Chia Seeds - 1 Tbsp
- Hemp Seeds - 1 Tbsp
- Mushrooms - 1/2 cup cooked
- Quinoa - 1/2 cup cooked
- Tahini - 1 Tbsp
- Tofu - 1/4 block
- Sweet Potato - 1 cup boiled and chopped
- Spelt - 1/2 cup cooked

Level 3: "Not As Potent But Still Important"

Eat 6 of these every day

- Pistachios - 1/4 cup
- Almonds - 1/4 cup
- Pumpkin Seeds - 2 Tbsp
- Flax Seeds - 2 Tbsp ground
- Dried Apricots - 1/4 cup
- Dried Figs - 1/4 cup
- Cacao - 1 Tbsp
- Brown Rice - 1 cup cooked
- Acorn Squash - 1/2 cup cooked and mashed
- Spinach - 1 cup raw
- Broccoli - 1 cup steamed
- Sundried Tomatoes - 1/4 cup
- Tomato Paste - 2 Tbsp
- Black Olives - 2 Tbsp sliced
- Dried Thyme - 1 tsp

Additional Tips

To optimize the absorption of non-heme iron, **pair your iron rich foods with foods that are high in Vitamin C**. Foods like oranges, lemon juice, tomatoes, and bell peppers.

Avoid coffee and tea when you're eating your iron-rich foods. They'll hinder your body's ability to absorb some of that non-heme iron.

Your About Page Here



Here is your opportunity to tell everyone who you are and what you have to offer.

- Who are you?
- Why are you offering this cheatsheet?
- What are your specialties?
- How can you help people?
- How can people find out more about you?
- How can they book an appointment with you?

Resources

1. <https://pubmed.ncbi.nlm.nih.gov/25369923/>
2. <https://pubmed.ncbi.nlm.nih.gov/16081371/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2725368/pdf/WJG-14-4101.pdf>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257743/pdf/nutrients-03-00283.pdf>
5. <https://www.ncbi.nlm.nih.gov/books/NBK222309/>