

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

Fight Fatigue & Reverse Your Iron Deficiency

Without Eating Meat

We love a plant-based diet — it not only makes us feel great, it also helps us live a long life, avoid sickness, prevent disease, and keep a healthy weight.

On a plant-based diet, we have to make a concerted effort to make sure we get enough of certain nutrients that are supplied by meat, such as protein, iron, and vitamin B12. Use this guide to learn about plant sources of iron plus delicious iron-rich recipes.





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Why Iron Matters

Iron deficiency is the most common nutritional deficiency in America. When you don't get enough iron in your diet (or when you have certain health problems that deplete your iron), you can become anemic. The effects of anemia range from slight fatigue to developmental delays.

In adults, iron deficiency or anemia causes tiredness, low energy, and sluggish mental function. In pregnant women, it can lead to small or preterm babies. In children, it can slow development.

How do you know if you are getting enough iron? First, let's look at the current recommended daily allowance (RDA) for iron:

Gender and age	RDA
Women aged 19 to 50 years	18 mg/day
Women aged 51 and older	8 mg/day
Men aged 19 to 50 years	8 mg/day
Men 51 and older	8 mg/day

(Source: [Dietary Reference Intakes, Institute of Medicine, Food and Nutrition Board.](#))

On the Naked diet, you can easily get enough iron by eating a wide variety of foods and making sure to eat iron-rich meals a couple of times a week. When you eat iron-rich foods, make sure to include a source of vitamin C to help your body absorb the iron. And for your kids, be aware that drinking cow's milk with their meal can block their iron absorption.



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Plant Sources of Iron

Cooked beans

Soybeans

Lentils

Lima beans

Black beans

Pinto beans

Chickpeas

Navy beans

Garbanzo

Greens

Turnip greens

Swiss chard

Spinach

Nori seaweed

Asparagus

Cooked grains

Quinoa

Amaranth

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Dried fruit

Raisins

Prunes

Apricots

Other

Blackstrap molasses

Prune juice



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Iron-Rich Naked Drinks & Dishes

Iron-Rich Sweet Strawberry Smoothie

Dates are not just sweet and tasty, they are a good source of iron, as are a number of dried fruits. Almonds also boost your iron. Add in the vitamin-C-rich strawberries to boost absorption (and they have a bit of iron, too) and you have an iron-rich drink. Replace some or all of the dates with figs or prunes for even more iron.

Blend on high in your blender:

- 10 dates pitted (if this is too sweet, feel free to reduce)
- 1 cup of strawberries (try frozen for a slushy drink)
- 2 cups of almond milk

Hot Quinoa Cranberry Cereal

Served warm and topped with bananas and strawberries. On page 43 of *Get Naked Fast!*



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BBQ Quinoa Bowl

Cabbage, zucchini, and mushrooms all contain small amounts of iron. Combined with iron-rich quinoa, they make this meal iron-rich and delicious!



Watch the video <https://youtu.be/1p8CmOw-XgU>.

Very Teriyaki Vegetable Quinoa Bowl

Protein- and iron-rich quinoa topped with veggies and a homemade teriyaki sauce. On page 80 of *Get Naked Fast!*

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Spicy Lentil Tostadas

Corn tortilla topped with spicy cooked lentils, guacamole, and fresh lettuce. On page 84 of *Get Naked Fast!*

Chickpea hummus

While at your favorite natural grocery store, pick up your favorite all-natural and organic chickpea hummus and enjoy on a sprouted-grain wrap with spinach, cucumber, and red peppers.

Wild Mushroom Quinoa Risotto

A base of quinoa topped with mushrooms in a creamy sauce. Add a side of orange slices for vitamin C. Recipe available in [Naked Zone > Recipes](#).



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Diana's Favorite Green Juice

Make with turnip greens and Swiss chard in addition to or in place of the kale for an extra iron-charged green drink. On page 38 of *Get Naked Fast!* Watch a demonstration on YouTube

<http://www.youtube.com/watch?v=W2TgPJLp1gY>

Fig Bars and Apricot Bars

Like a homemade Fig Newton made with either figs or apricots. Recipe available in Naked Zone>Recipes.

Nori Seaweed Wrap

Veggies and your favorite spread rolled up in a raw nori sheet. Watch the recipe on YouTube

<http://www.youtube.com/watch?v=rUHqio8FSTU>



Popeye's Passion

Apple juice, spinach, and a frozen banana give you an iron boost. Recipe is on page 52 of *Get Naked Fast!*

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Information Sources

<http://www.vrg.org/nutrition/iron.htm>

<http://www.dummies.com/how-to/content/dietary-sources-of-iron-for-vegetarians.html>

<http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>