

## BLOOD BUILDING FOODS

These foods are rich in the vitamins, minerals, and amino acids needed to build healthy and vital blood:

### Eat these foods to build blood:

- **Vegetables:** alfalfa sprouts, artichoke, beets, mushrooms, cabbage, celery, dandelion leaf, watercress
- **Nuts and seeds:** almonds, black sesame
- **Fish:** mussel, octopus, oyster, sardine, tuna
- **Bone broth**
- **Chlorophyll rich foods** – dark leafy greens (kale, chard, dandelion, etc.), seaweed, spirulina, wheatgrass
- **Spices/herbs:** parsley, nettles
- **Floradix** - a liquid iron and herb supplement to build blood
- **Vitamin C rich foods** – aids in iron absorption. Kiwi, strawberry, orange, papaya, broccoli, tomatoes, kale, snow pea
- **Meat** – especially liver (think pate)
- **Beans/legumes:** black bean, soybean, lentil, adzuki
- **Eggs**
- **Fruits:** apricot, cherry, berries, date, fig, grape, pomegranate, goji, date, avocado, apple
- **Blackstrap molasses**