

VITAMIN C + IRON *for the girls*

Did you know 1 In 3 women In the United States has iron deficiency anemia? This means that these women do not have adequate red blood cells, so improving the absorption of iron is essential. Vitamin C paired with iron boosts the absorption into the blood stream and helps improve anemia and its symptoms! Check out this **cherry cacao smoothie** that contains both nutrients, plus tons more healthy benefits!

- **Super easy to make**
- **Contains iron + vitamin C for max absorption**
- **Great for those with a sweet tooth!**
- **Good for skin, bones, muscles, and your brain!**

For the recipe and more information, scan the QR code below!



CHERRY CACAO SMOOTHIE

→ *for the girls*

Iron, vitamin C, magnesium, protein and more!

- Ingredients
 - 3/4 cup frozen pitted cherries
 - 2 tsbp cacao powder
 - 1/4 cup leafy greens
 - (spinach, kale, parsley)
 - 1 tsbp almond butter
 - 1 scoop chosen protein powder
 - 3/4 cup milk or chosen alternative milk option
 - 2 pitted dates
- Directions
 - Measure all the ingredients
 - Blend everything together for 1-2 minutes on high speed.
 - Pour into a glass or to-go smoothie container

Adapted from a recipe from
Jenna Volpe, RDN, LD, CLT

Enjoy!



SHTM

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