

## Eating as a Vegetarian with Type O Blood and Anemia

Eating these days can be tricky, but when you have a new lifestyle of eating thrown at you it makes it that much harder – at first.

This article speaks to people that have Type O Blood, are Anemic and are Vegetarians – woo! a lot I know but it's totally doable.

If you are a Vegetarian that occasionally eats fish – it's helpful. The best types of Fish for Anemia are:

- Sardines packed in Oil (I know I know...)
- Tuna
- Perch
- Salmon
- Haddock
- Halibut

As no surprise Spinach is always mentioned for people with anemia, but guess what? There are other vegetables out there, just waiting to help you out. How about trying some of the following:

- Baked Potato with the skin on
- Chick Peas
- Split Peas (You can make split pea soup minus the ham and Viola! A bowl of iron)
- Canned lima beans
- Kidney Beans
- Soybeans a.k.a. Edamame
- There are quite a few more but this gives you a good start

Mix in some vegetables and fruit that are calcium rich to help your body absorb the iron easier, such as:

- Broccoli
- Tomato
- Any Leafy Greens (Kale, Collard Greens, Spinach, Cabbage)
- Peppers
- Strawberries
- Dried Apricots
- Citrus: Grapefruit, oranges, orange juice
- Kiwi
- Melons

Of course, I must add in pasta, grains & nuts because that is a food group I couldn't be without, so if you haven't given it up either, then try:

- Brown Rice
- Brown Rice Noodles
- Enriched Egg Noodles
- Regular Pasta
- Sprouted grain bread
- Buckwheat
- Millet
- Oats
- Quinoa
- Peanuts
- Pecans
- Walnuts
- Pistachios
- Roasted almonds
- Roasted cashews
- Sunflower seeds

As for Dairy, to satisfy your Vegetarian side and your O Blood type see if you can give items made with Goat's milk a try like butter, cheese and yogurt.

Some added extra's try:

- Raw Unprocessed Dark Honey – it is rich in antioxidants, iron and a few other really good for you things.
- Black Strap Molasses – same deal as the Dark Honey – filled with iron rich goodness and antioxidants
- Olive Oil and Flaxseed Oil are good oils for vegetarians and Type O's

To give you a bit of a break here are just a few simple recipes to get you going with your new eating lifestyle or put a nice spin on your existing lifestyle.

1. Try baking salmon in a little olive oil with a side of brown rice and edamame (you can buy shelled edamame in the freezer section) Sprinkle a little lemon and black pepper on your salmon and mix in some garlic powder, cumin, black pepper and just a touch of kosher or sea salt for flavoring into your brown rice edamame side.

Or how about...

2. Thai brown rice noodles (found in the Asian section of the grocery store) follow the directions on the box. Then throw the noodles in a pan with olive oil, chopped broccoli, roasted cashews, chopped tomatoes, fresh spinach, shaved carrots (use a vegetable peeler to create the thin carrot strips) and ginger then add in your favorite sauce i.e. soy sauce, Thai sauce, sesame sauce and you just made a filling vegetarian iron rich meal.

I hope this has helped a few of you feel better to see you aren't the only one out there with specific food needs.

Thank you for reading – if you have any questions feel free to email Robin: [info@getmomuffins.com](mailto:info@getmomuffins.com)

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