

Chapter 9 To Be or Not To Be Vegan #healthytakeaways

“Realigning Nutrition with Intuition” Liv Kennedy

Actions

- ✓ If I am vegan/vegetarian, I will eat plant sources of iron every day.
I am going to eat _____ (number) of plant sources of iron every day. I will achieve this by eating _____ (plant sources of iron)

- ✓ I will include a source of vitamin C every time I eat a source of iron.
I am going to eat _____ (vitamin C foods) every time I eat a high-iron food

Consider

- If I am vegan/vegetarian, have I been tested for vitamin B12, iron and zinc? If not, how long have I been vegan/vegetarian and should I get tested? How can I add more of these nutrients into my diet? Should I consider taking supplements if my blood test shows I am low? (If you have low iron levels, seek advice from a healthcare practitioner prior to supplementation)

- Do I soak, sprout or activate my plant foods? If not, how can I soak, sprout or activate more of my plant foods?

- If I am vegan/vegetarian, do I eat a lot of convenience foods? If yes, how can I substitute processed foods for whole foods to obtain more nutrients in my diet?

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