

If you need more iron in your diet, look no further than your local health food store for pumpkin seeds! A half of cup of pumpkin seeds has about 98% of the recommended daily value. To top that, pumpkin seeds are extremely versatile and can be used in a variety of ways to increase your iron intake. To get you started, we came up with 3 ways you can integrate pumpkin seeds in your daily meals!

1. Eat pumpkin seeds as a snack. Most nutritionists, doctors and health experts recommend having two to three snacks every day. Instead of indulging in something full of fat, carbs or sugar, enjoy a half a cup of pumpkin seeds. You can find pumpkin seeds in the raw or roasted & salted variety.
2. Sprinkle pumpkin seeds on top of your meal. Pumpkin seeds can be a great compliment on fresh salads. Don't stop there though. Get creative. There are 3 meals in a day and at least 2 snacks. Sprinkle pumpkin seeds in your cereal, eggs, ice cream or other dishes. Pumpkin seeds can pair well with many food types.
3. Add pumpkin seeds to your existing recipes. If you love to experiment in the kitchen, start adding pumpkin seeds to homemade muffins or granola. Grind up the seeds and try incorporating them into your favorite dishes. Use pumpkin seeds with your spices. You can even try to incorporate pumpkin seeds for an entree that is crusted. Instead of making almond crusted chicken, try pumpkin crusted chicken. You may have to try a few combinations to find the perfect recipe but it will all be worth it in the end.

As you can see, there are many ways to increase your natural iron intake with pumpkin seeds. If you don't like pumpkin seeds or would prefer a vitamin supplement, just ask a clerk at your health food store for assistance. If you decide to eat more pumpkin seeds, stay away from the kinds in the shells as their sodium levels are a lot higher. Lastly, for better absorption, pair your pumpkin seeds with vitamin C!

For healthy food options, vitamins and much more stop into your local health food store to see what's available.