**No Iron, No “Get Up and Go”**

**Katie says:** When you eat liver, eat another food or drink a juice high in vitamin C. Only your doctor can tell if you have anemia. Other problems can also make you feel tired. If you have no “get up and go,” see your doctor or go to the Public Health Department.

---

**Anemia and Hemoglobin**
- You can have anemia if you do not have enough hemoglobin in your blood.
- Hemoglobin is the red coloring in red blood cells. It carries oxygen to all the other cells in your body.
- Without oxygen, your cells cannot produce energy. You will feel tired and run-down.
- Hemoglobin is made of iron and protein.
- You must eat foods with a lot of iron and protein so your body can make hemoglobin.

**Liver Gives You Iron and Protein**
When you cook liver
- Flour it first. It will be easier to handle.
- Cut the tough tissue off the edge of each slice. Use a sharp knife.
- Clip the tubes or veins. Use sharp kitchen scissors or the point of a sharp knife.
- Cook the liver just enough to lose the pink color at the center of each slice.
- Do not overcook the liver. It will be dry and hard.

---

**Braised Liver with Vegetables**
This recipe makes enough for 6 people.

**What To Use**
- 1 pound liver
- 4 tablespoons flour
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- 4 carrots, sliced
- 4 medium onions, sliced
- 4 celery stalks, sliced
- 1 cup water

**How To Make**

1. **How To Make**
   - 4 tablespoons flour
   - ½ teaspoon salt
   - Cut liver into strips.
   - Make the strips ½ inch wide.
   - Mix flour and salt. Coat strips in flour mixture.

2. **2 tablespoons vegetable oil**
   - Heat oil in a large pan.
   - Brown liver strips.

3. **4 medium onions, sliced**
   - Add carrots, onions, celery, and water.
   - 1 cup water

4. **Simmer about 30 minutes.**
   - Simmer until the liver and vegetables are tender.
   - Stir as they cook so they will not stick.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

No Iron, No “Get Up and Go”

- Sometimes you may feel tired and run down. You may have no “get up and go.” If you feel this way, you may have anemia.
- Anemia means the red cells in your blood aren’t working right. They may not be strong enough or you may not have enough of them.
- You can have anemia if you do not get enough iron, protein, or vitamins in your diet. You can also have anemia if you lose a lot of blood.
- To keep your red blood cells healthy, eat foods with a lot of iron.

Evelyn F. Crayton
Extension Foods & Nutrition Specialist

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:

Your County Extension Office

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.