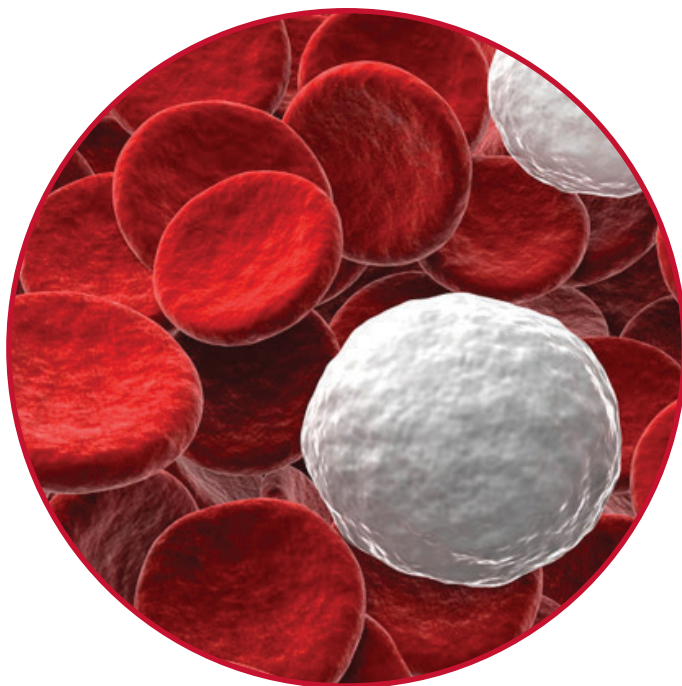


DIETARY GUIDELINES FOR ANEMIA



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What is Anemia?

Anemia is a medical condition in which there is not enough healthy red blood cells to carry oxygen to the tissues in the body. Women who are pregnant are at a higher risk for developing anemia due to the excess amount of blood the body produces to help provide nutrients for the baby. The most commonly experienced types of anemia during pregnancy are due to a deficiency of iron, folates or Vitamin-B 12.

Nutrition Guidelines

A **well balanced diet** with adequate calories and good quality protein, foods rich in iron, folic acid, Vitamin 'B₁₂' & 'C' needs to be taken.

- 1. Eat often** and eat small meals that help in better absorption and digestion.
- 2. Include protein-rich foods**
 - Sources of protein for vegetarians are milk, curds (yoghurt), cheese, soya nuggets, tofu and paneer.
 - In addition to above, sources of protein for non-vegetarians are eggs, lean meats like fish and chicken.
- 3. Eat Vitamin / Mineral-rich foods**
 - **Iron-rich Foods:**
 - Cereals and millets: Bajra, ragi, whole wheat flour, puffed rice and rice flakes.
 - Legumes: Horse gram, moth beans, lentils, bengal gram dal, rajmah, peas dry, cow peas.
 - Non vegetarian: Chicken liver, egg yolk, mutton, chicken.
 - Dark green and leafy vegetables like curry leaves powder, mint chutney, gogu, methi, amaranth, drumstick leaves, onion stalks etc. daily.
 - Nuts and oil seeds: Til, chia seeds, groundnuts, flax seeds, almonds and pista, melon seeds, coconut dry.
 - Dry fruits: Raisins, black dates, apricot.

To further enhance iron absorption from these iron-rich foods:

- ✓ Take Vitamin C-rich foods like amla, guava, berries, melon, mango, pineapple, citrus fruits, lime juice etc. along with your meals.
- ✓ Use of double fortified salt (iron + iodine) is recommended.

Avoid the following:

- ✗ Do not drink tea or coffee with your meals. Take it an hour before or after the meal.
- ✗ Do not combine an iron-rich meal with too many calcium-rich foods like milk, cheese, paneer etc.
- ✗ Too much fiber in the diet also affects the iron absorption.
- ✗ Avoid refined and processed foods – Limit intake of pasta, noodles, polished rice, ready-to-eat foods, etc.
- ✗ Avoid pickles

➤ Dietary sources of folic acid

- Green leafy vegetables – Amaranth, ambat chukka, spinach, mint.
- Oil seeds like gingelly (til) and soya bean
- Orange juice
- Chickpeas
- Other legumes like green gram and red gram
- Black-eyed beans, cluster beans

➤ Dietary sources of B12: Shellfish, liver, fish, lamb, egg and low fat dairy products

4. Fluids: minimum intake of 2½ -3 litres / day

This information is provided to the patient along with a personal diet plan and diet counseling by the Nutritionist.

Daily Dietary Requirements

A sample combination of foods that could meet the dietary iron requirements in pregnancy.

Puffed rice	2 cups
Ragi malt	2 tablespoons
Chapatti	3
Lentil (cooked)	3/4 cup
Horsegram dal (cooked)	2/3 cup
Cluster beans (cooked)	1/2 cup
Nutrella (cooked)	1 cup
Curry/Mint leaves powder	2 tablespoon
Amaranth (cooked)	1/2 cup
Gogu (cooked)	1 teaspoon
Til	1 tablespoon
Groundnuts	1/4 cup
Egg	1
Black raisins	10
Onion stalks (cooked)	1/2 cup
Total iron content	36 mg

Daily Dietary Recommendations for iron in pregnancy = 35 mg

Note: Dietary iron alone is not sufficient to meet your needs. The iron tablets recommended by your doctor should be continued.

For a detailed nutrition counseling and prescription by our team of nutritionists,
call +91 40 40222397 for an appointment.

For any queries, please e-mail us at nutrition@fernandez.foundation