



what are the recommended daily nutrient intakes for a person with sickle cell disease, and how might eating aprapransa interact with this?



Based on the information provided in the document, individuals with sickle cell disease (SCD) require much higher energy and protein consumption compared to healthy individuals. They tend to suffer from undernutrition if their energy intake is consistently low. In addition to macronutrients like energy and protein, there may also be shortages of micronutrients, such as Glutathione, which has anti-inflammatory and antioxidant properties.

For a person with sickle cell disease, it is essential to establish recommended dietary reference intakes (DRIs) or recommended dietary allowances (RDAs) to ensure they are meeting their nutritional needs. These recommendations would vary based on factors like age, sex, weight, and activity level.

Now, let's consider the traditional Ghanaian dish, Aprapransa, which is made with a combination of maize, beans, and palm oil. Maize and beans are good sources of energy and protein, which are important for individuals with SCD. However, the palm oil used in the dish is a significant source

Ask Me Questions

