



I am a 1-18y Year Old Male. with Sickle Cell Disease. I have eaten 57g, 0g, 44g of Shitto, Fried Chicken, Aprapransa respectively. I am about to eat 728g, 0g of Wholegrain Rolled Oats, Almond Milk respectively. Should I eat it and how might the compounds in these foods affect me?



To determine if you should eat the meal and assess the potential impact of the compounds in the foods on your Sickle Cell Disease, we will need to consider the nutritional content of each food item and compare it to the recommended daily intake for individuals with Sickle Cell Disease.

Let's start by analyzing the nutritional content of each food item:

1. **Shitto (57g):**

- Shitto is a spicy pepper sauce commonly used in Ghanaian cuisine.
- It typically contains ingredients like peppers, onions, fish, and oil.
- Shitto is high in calories, fats, and protein.

Ask Me Questions

