

Micro nutrients (Vitamin A, Iron, Iodine)

Vitamin 'A' Deficiency

Vitamin A is important for normal vision though in very small amounts. It is not possible for even that amount to be synthesized in the body. Vitamin A deficiency is most common between six months and three years. It can even cause even blindness. Night blindness is an earliest symptom.

Roles and responsibilities of ASHA:

As ASHA, you should advise the mothers regarding:

- Six monthly doses of Vitamin A to be given to children between six months to three years.
- Increase intake of carrots, green leafy vegetables, yellow fruits, eggs, milk, fish etc. in food.
- You should assist ANM/AWW in tracking dropouts and give Vitamin A to children suffering from measles.

Iron deficiency anaemia

In children it is very common because of inadequate diet and recurrent infections and worm infestations. Give one small iron tablet daily for 100 days in a year to children under five years.

Roles and responsibilities of ASHA:

- Advise regarding proper nutrition with iron and protein rich diet (jaggery, milk, eggs, pulses, green leafy vegetables, guavas, apples, etc.).
- Advise regarding prevention of diarrhoea and importance of de-worming.
- Inform that iron can cause dark discoloration of stools/increased or decreased frequency of stools.