

ANEMIA

VEGETERIAN (WL):

- **8:30-9AM: BREAKFAST**--Brown bread (3 slices) + Milk n Banana shake (1cup) + 4 Almonds + 3 Cashew nuts, Egg Poach n Toast (3-4 slices).
- **11AM: SNACK**-- 1 Orange, 1 Guava, Grapes (1 cup), Pomegranate (1/2cup).
- **12:30-1PM: LUNCH**--Parboiled Rice (1 cup) + Daal (1/2 cup) + Fried Joseph's coat leaves (1/2th cup) + 1/2th fresh lime +veg curry, 2 Chapati + Mixed Daal (1cup), Potato n Drumstick curry (1cup) + Paneer/ Soy bean Curry (1 cup).
- **4PM- SNACKS**--1 cup Green tea + Roasted Rice flakes n grated coconut 1cup.
- **6:30-7:30PM: DINNER**--2-3 Chapati + Veg. Curry (1 cup) + Fried Beetroot(1/2 cup)

Don'ts:

- ▶ 1. Avoid eating dairy products 2 hours before and after you consume iron-rich foods.
- ▶ 2. Avoid coffee, tea and colas when trying to boost your iron levels.

Do's:

- ▶ 1. Include more green leafy Vegetables in diet.
- ▶ 2. Eat pulses and legumes to increase your iron intake.
- ▶ 3. Include all variety fruits and Vegetables.
- ▶ 4. Eat lean red meat and liver, which are rich in easily absorbed iron.
- ▶ 5. When you consume iron-rich food include a source of Vitamin C. Vitamin C helps with absorption of iron.

Food Items You Can Easily Consume:

- ▶ 1. **Spinach:** It is found out that half a cup of boiled spinach contains
- ▶ 2. 2 mg of iron and this accounts for about 20 percent of the iron requirement for a woman's body. So, make take spinach in your daily diet to increase the blood in your body. Other green leafy vegetables of radish, pumpkin, drumstick can also do the same
- ▶ 3. **Tomatoes:** Vitamin C is the main ingredient in tomatoes along with lycopene. The Vitamin C in tomatoes helps in easy absorption of iron. Tomatoes are also rich in beta carotene and Vitamins E and hence help in natural conditioning of the hair and skin.
- ▶ 4. **Soy Beans:** Beans are a great source of iron and vitamins. Soybeans are considered to be the beans that contain high iron content. It contains phytic acid that prevents the absorption of iron. Soybean is a low fat and high protein food that fights anemia.
- ▶ 5. **Apple And Dates:** Apple and dates are also known to help in boosting iron levels in the body. Eating an apple a day and about 8 Dates daily will help to fight anemia.
- ▶ 6. **Citrus and vit-c rich foods-** Fruits such as lemon, oranges, grape fruits, amla should be consumed as vit-c helps in absorption of non-heme iron (iron from vegetable sources).

