

ANEMIA : NON-VEGETARIAN

- **8:30-9AM:** BREAKFAST--Brown bread (3-4 slices) + Milk n Banana shake (1 cup) + 4 Almonds + 3 Cashew nuts, Egg Poach n Toast (3-4 slices).
- **11AM:** SNACK- - 1 Orange, 1 Guava, Grapes (1 cup), Pomegranate (1cup).
- **12:30-1PM:** LUNCH--Parboiled Rice (1 cup) + Daal (1 cup) + Fried Joseph's coat leaves (1/2th cup) + 1/2th fresh lime + Fish/ Egg/ Veg. Curry (1 cup), 2 Chapati + Mixed Daal (1cup), Potato and Drumstick curry (1cup) + Fried Fish (1pc), 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./ Fish 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 the 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 sure that you 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.Red Meat:** There is rich iron content in lamb, beef and other red meats. It contains heme-iron which will be easily absorbed by the body. The heart, kidneys, and the liver of the red meats are those parts that contain high quantities of iron.
- 4.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.
- 5.Eggs:** Eggs are a rich source of proteins and contain a lot of antioxidants that will help in stocking up vitamins in the body when you are suffering from anemia. A large egg is said to contain 1 mg of iron and hence consumption of an egg everyday will help in fighting anemia.



- 6.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.
- 7.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.
- 8.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).

10 Signs You Have an Iron Deficiency



Fatigue
When you don't have enough healthy blood cells, you start to feel



Difficulty Focusing
Neurotransmitter synthesis may be altered in people with an iron deficiency, leading to lower than normal



Crazy-Sore Muscles
Not having enough iron deprives your muscles of their ability to recover properly, leading to



Apathy
Apathy toward anything and everything—friends, family, work.



Brittle Nails
Another way your tips can tip you off to a possible iron deficiency: a concave or spoon-shaped depression in the nails.



Unusually Pale Skin
A washed-out appearance can be caused by reduced blood flow and decreased number of red blood cells.



Pink or Red Urine
People with an iron deficiency and is caused by increased intestinal absorption of certain pigments.



Frequent Infections
If you get sick often—particularly if you're always suffering from respiratory illnesses—iron deficiency might be the culprit.



Trouble Doing Your Normal Workout
Low iron levels can cause your endurance to suffer.



Breathlessness
Without enough iron in the blood, the body becomes starved for oxygen.

Iron is necessary for producing hemoglobin, the part of red blood cells that carries oxygen through your body. There are two types of dietary iron. Heme iron is found in meat and gets absorbed more efficiently by the body than the non-heme iron in fruits, enriched cereals.

55.84 mg

Daily Iron Needs

8-18mg 8-11mg

Iron Rich Foods

Chicken, Liver, Broccoli, Dried beans/ Green Peas, Pork, Beef, Potatoes with skin, Spinach, Eggs, Iron Fortified Cereals, Nuts, Shrimp, Dried Apricot, Watermelon.

GOURMANDIA

source: <http://www.gourmandia.org/en/nutrition/iron-deficiency>