

Anaemia Diet Chart

Don't eat iron-rich foods with foods or beverages that block iron absorption. These include coffee or tea, eggs, foods high in oxalates, and foods high in calcium.

- **Eat iron-rich foods with vitamin C-rich foods**, such as oranges, tomatoes, or strawberries, to improve absorption.
- **Eat iron-rich foods with foods that contain beta carotene**, such as apricots, red peppers, and beets, to improve absorption.
- **Eat a variety of heme and nonheme iron foods** throughout the day to up your iron intake.
- **Eat heme and nonheme iron foods together** whenever possible to increase iron absorption.
- **Add foods rich in folate and vitamin B-12** to support red blood cell production.

Diet plan

Early Morning : Nuts juice/ Almond Milk/ Health Mix Kanji.

Breakfast : Idly/ Idiyappam/ Ragi Dosa/ Kambhu Dosa/ Thinaï pongal/ Ragi puttu/ Spinach chappathy/ Beetroot pulka/ Rava kichadi/ Ragi kali.

Mid Morning : Orange juice/ pomegranate juice/ Apple/ Kiwi/ sapota/ Mixed vegetable soup/ Brocoli soup/ Chicken soup/ or Any kind of fruit salad/ Amla juice.

Lunch : Rice (200 gm) / Any kind of keerai (75 gm) sambar/ Thick Dhal/ Boiled egg 2 /Beetroot/ Carrot/ Drumstick poriyal.

Tea Time : Sprouts/ peanut / Any kind of sundal. Or Any fruit salad. Green Tea/ Health Mix Kanji. Nuts(Badam, cashew, pista, pumpkin seed, sunflower seed, Dates, Fig) Mixed of 15 gms Daily. Honey mixed amla.

Dinner : Same as breakfast.

Do's And Dont's While Following Diet Plan for Iron Deficiency Anemia

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.

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.

Takeaway

No single food will cure anemia. But eating an overall healthy diet rich in dark, leafy greens, nuts and seeds, seafood, meat, beans, and vitamin C-rich fruits and vegetables can help you get the iron you need to manage anemia.

Be sure to discuss supplements with your healthcare provider because it's difficult to get enough iron from diet alone.

A cast iron skillet is an anemia diet plan staple. Foods cooked in cast iron absorb iron from the skillet. Acidic foods absorb the most iron, and foods cooked for short periods of time absorb the least.