

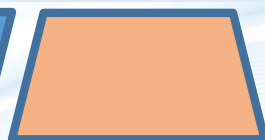
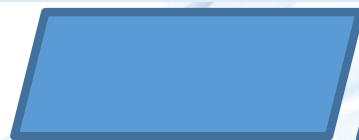
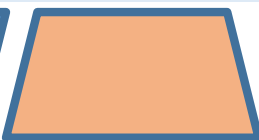
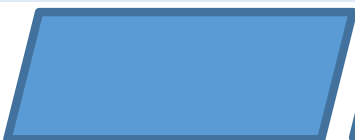
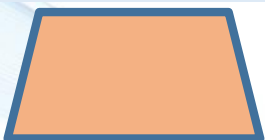


تجمع عسير الصحي - نطاق بيشة

Asir Health Cluster of Bisha Zone



( Diet for anemia  )





تجمع عسير الصحي - نطاق بيشة

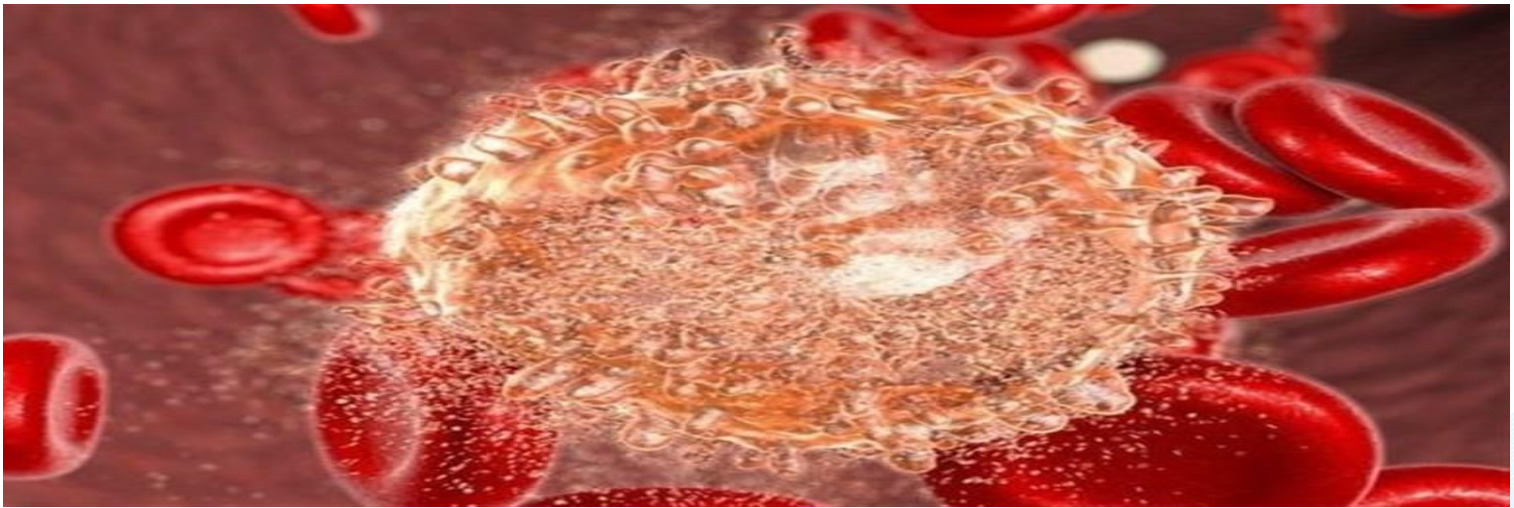
Asir Health Cluster of Bisha Zone

## ❖ What is anemia?

- ❖ A health condition in which the concentration and amount of hemoglobin in the blood is less than normal as a result of the lack of several elements involved in the composition of the blood, the most important of which is iron.

## ❖ What causes anemia?

- ✓ Anemia due to blood loss
- ✓ Anemia caused by dysfunction in red blood cell production
- ✓ Hemolytic anemia

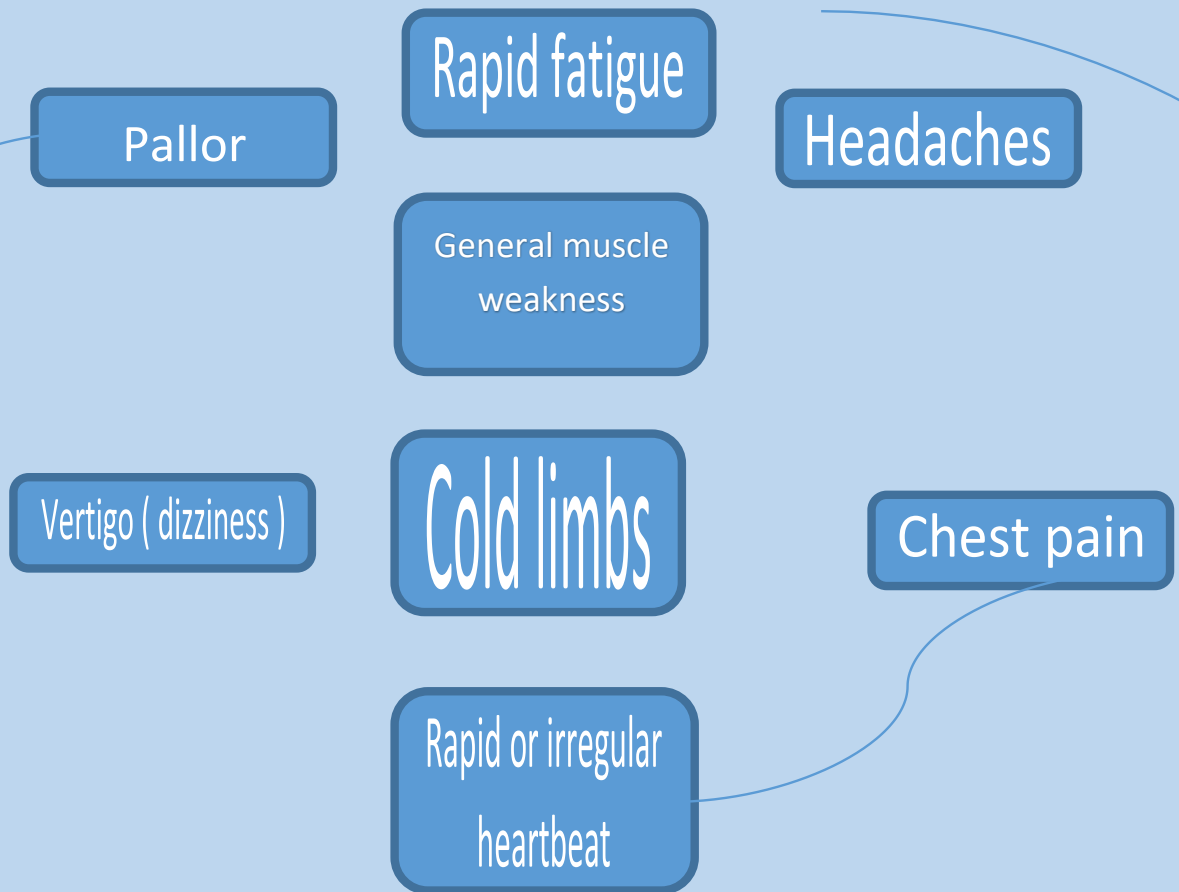




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## ❖ What are the symptoms of anemia?



## ❖ How to prevent anemia:

- ✓ Ensure that you eat a healthy food that is complete with nutrients and rich in iron
- ✓ Eat foods rich in vitamin C from the main meals to increase iron absorption, including: oranges, lemons, kiwi, green vegetables
- ✓ Coffee, tea, egg whites prevent iron absorption, be careful not to consume them with basic meals



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## ❖ Guidelines

■ When preparing a salad or fruit so as not to lose iron and vitamins, the following must be taken into account:

- ✓ Cut large pieces
- ✓ Cut and prepare just before serving
- ✓ Add lemon juice to keep vitamins and iron from damaged

## ○ When taking iron tablets, you must know the following

- ✓ ☐ Avoid drinking any milk products with it as it hinders iron absorption
- ✓ ☐ Some iron medications may cause constipation, and when this happens, it is recommended to eat foods rich in fiber
- ✓ ☐ Have a glass of orange juice

## ❖ ☐ Recommendations

### ■ Iron-rich foods

- ✓ ☐ Red meat, sardines, chicken, shrimp, eggs ,
- ✓ ☐ Pulses: beans, chickpeas, lentils, beans, soybeans, peas
- ✓ ☐ Seeds and nuts: pistachios, almonds, peanuts, cashews
- ✓ ☐ Dark leafy vegetables: spinach, parsley

### ■ Foods rich in vitamin C

- ✓ ☐ Fresh fruits: oranges, grapes, fruits, kiwi, pears, dates, grapes
- ✓ ☐ Dried fruits: raisins, dried apricots, dried plums
- ✓ ☐ Brown bread and brown flour
- ✓ ☐ Molasses

أخصائي التغذية العلاجية  
صالح سعيد الغامدي

