

ANEMIA - Comprehensive Diet Plan

Understanding Anemia

Anemia affects everyone, especially women and children worldwide. However, it is often misunderstood or unnoticed until it starts to take a real toll on daily life. The constant feeling of weakness or just being off can be due to anemia. In this article, we will dive into what anemia is, what causes it, the symptoms to look out for, and most importantly, how diet plays an important role in managing this condition.

What is Anemia?

Anemia is when you have lower red blood cells (RBC) or hemoglobin (Hb) to carry oxygen to body tissue. Hb is a protein present in RBC that helps carry oxygen from the lungs to all the organs in the body. When you have a reduced amount of Hb, your tissue and organs don't get enough oxygen, leading to fatigue, and weakness while it might sound serious, the good news is anemia can be managed effectively if caught early.

What causes Anemia?

Anemia occurs when you don't have enough RCB in your body, this can be due to a variety of reasons. In general, there are three main cause :

1. Insufficient vitamins and nutrients to produce healthy RBCs.
2. Blood loss from injury, menstruation, or internal bleeding.
3. Destruction of RBCs or deformities in hemoglobin during production.

The first cause, lack of essential nutrients, is often the most manageable and can be addressed through diet. Here are some common types:

1. IRON DEFICIENCY ANEMIA- This is the most common type of anemia and occurs when you are not getting enough iron. Blood loss in heavy menstrual bleeding, ulcer or cancer can contribute, as can a diet lacking in iron-rich foods.

2. VITAMIN DEFICIENCY ANEMIA- A lack of essential vitamins, such as vitamin B12 or folate, can also lead to anemia. This is usually due to insufficient intake of these vitamins in your diet.

What are the symptoms?

Anemia can show in different ways, but some of the common symptoms include:

- Fatigue
- Chest pain
- Dizziness
- Heart palpitations

- Headache
- Pallor
- Shortness of breath
- Pulsatile tinnitus (a ringing in the ears)
- Cold hands and feet.

If you are experiencing any of these symptoms, its good to get a blood test to confirm whether anemia is the cause.Catching early can make a big difference.

How does diet help?

While the treatment of anemia often involves supplements, diet plays a crucial role in managing the condition,supporting production of red blood cells and functions of organs properly. For certain types of anemia, such as those caused by genetic factor, diet alone cant prevent or cure the condition. and cannot be prevented. However, for iron and vitamin deficiency anemia, a well balanced diet can be incredibly effective in reversing the condition and boosting RBC production.

Recommended Dietary Allowance (RDA)

The specific amounts of iron, vitamin B12, folate, and vitamin C needed can vary based on individual health conditions, but here are the general guidelines:

	Iron (mg/d)	Dietry folate (µg/d)	Vitamine B12 (µg/d)	Vitamin C (µg/d)
MEN	17	200	1.0	40
WOMEN	21	200	1.0	40

These recommendations can be adjusted depending on factors like age, lifestyle, and specific health needs, so it's always a good idea to consult with a healthcare provider for personalized guidance.

Key Nutritional guidelines

An optimal diet for anemia includes foods rich in iron and other essential vitamins. A well-rounded diet should combine iron, vitamin B12, and vitamin C, all of which are vital for healthy blood production. There are two types of iron in foods: heme and non-heme.

Heme iron is found in animal products like meat, poultry, and seafood, and is more easily absorbed by the body.

Non-heme iron is found in plant-based foods and iron-fortified products, and while the body can absorb it, it's a bit less efficient than heme iron.

To help with absorption, pair iron-rich foods with vitamin C, which enhances the body's ability to absorb iron from plant-based sources.

By maintaining a balanced diet rich in these nutrients, you can support your body's ability to produce healthy red blood cells and prevent or reverse certain types of anemia. Following these recommendations can provide the necessary nutrients to address anemia and improve overall health.

CATEGORY	TO BE TAKEN	TO BE AVOIDED
Whole grains	<ul style="list-style-type: none"> ● Rice ● Barley 	<ul style="list-style-type: none"> ● Brown rice ● Oats ● Sorghum corn ● Maida
Pulses	<ul style="list-style-type: none"> ● Lentils ● Legumes ● Moong beans, 	<ul style="list-style-type: none"> ● Kidney beans ● Chick peas (limited)
Diary	<ul style="list-style-type: none"> ● Goat milk 	<ul style="list-style-type: none"> ● Cheese ● Cream
Fish and meat	<ul style="list-style-type: none"> ● Tuna ● Salmon ● Sea food 	<ul style="list-style-type: none"> ● Beef ● Pork
Nuts	<ul style="list-style-type: none"> ● All nuts except brazil & macadamia 	
Others		<ul style="list-style-type: none"> ● Deep fried foods ● Spicy food ● Pasta ● White bread

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