



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Nutritional Recommendation for the Prevention of Anemia

Nutritional recommendation for the prevention of Anemia



- 1) Nutritional meals should contain iron- rich foods in varied and balanced way to include all the essential nutritional elements.
- 2) Make sure to eat **fresh fruits** especially lemon and oranges as well as vegetables such as tomatoes because of their good source of vitamin C that helps enhance the absorption of iron.
- 3) Consume food with significant source of folic acid (B9) or (B12) vitamin obtained from green leafy vegetables and animal products.

- 4) Avoid drinking caffeinated beverages such as coffee and tea immediately after meals because it reduces the absorption of iron.
- 5) Avoid eating food that contain **caffeine** such as food with added coffee or chocolates because caffeine reduce the absorption of iron
- 6) Avoid drinking **soft drinks** (carbonated beverages) because it reduces the absorption of iron.
- 7) Abstain from eating foods with poor nutritional value such as **fast foods**, confectionaries and chips.
- 8) In cases when iron tablets are prescribed, it is recommended to avoid drinking any kind of milk products with it because it disrupts and block iron absorption. However, it is advised to have a cup of orange juice as it is known to enhance iron absorption.

9) Focus on eating foods rich with iron such as:

- Red meats (found in sheep, beef, liver and kidneys), sardines, oysters, shrimps, poultry and eggs.
- Pulses such as beans, chickpeas, lentils, soybean and peas.
- Seeds and nuts such as pistachios, almonds, peanuts and cashews.
- Fresh fruits such as oranges, grapefruit, kiwi, pears, dates, grapes, strawberries and plums.
- Dried fruits such as raisins, dried apricot, dried peaches, dried prunes.
- Dark green leafy vegetables such as parsley, coriander and Rocca.
- Brown bread and brown flour such as groats.
- Black honey.

لأن الوعي وقاية ..

إدارة التغذية الصحي

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