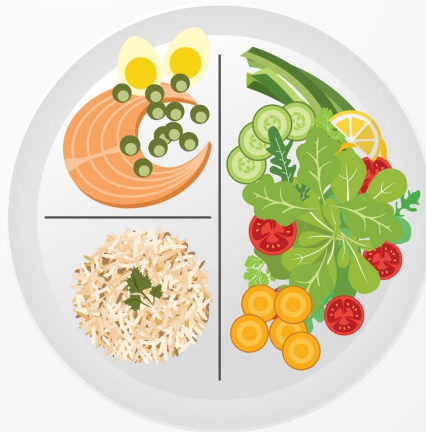


NUTRITION MANAGEMENT OF IRON DEFICIENCY ANAEMIA

Choose **iron-rich** food such as red (e.g. beef, pork) and white (e.g. chicken) meat, oyster, mussels and eggs.



Take **1 serving each of vegetables and fruits with every meal.**

Always include food with **vitamin C** like orange, lemon, tomato, broccoli in your meals.

For **plant-based meal, choose foods higher in iron** like spinach, lentils, cashew nuts, dried mango and firm tofu. If possible, **space high calcium wholegrain foods away** from plant sources of iron for maximum iron absorption.



Take coffee, tea and wine **separately** from plant-based meals.



COFFEE



TEA



WINE