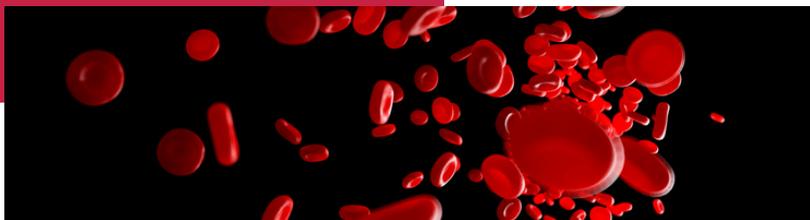


# Understanding ANEMIA



## What is anemia?

- Anemia is the most common blood disorder
- It affects more than 3 million Americans
- Occurs when the body doesn't have enough healthy red blood cells
- Red blood cells may be too few or lack hemoglobin, an iron-rich protein.
- Red blood cells deliver oxygen throughout the body.
- Hemoglobin carries oxygen in red blood cells.
- The most common type is iron-deficiency anemia
- Iron-deficiency anemia happens when there is not enough iron in the diet.

## Prevention

Many types of anemia can't be prevented. But eating a healthy diet might prevent iron deficiency anemia and vitamin deficiency anemias. A healthy diet includes:

- Iron-rich foods include beef and other meats, beans, lentils, iron-fortified cereals, dark green leafy vegetables, and dried fruit.
- **Folate** can be found in fruits and fruit juices, dark green leafy vegetables, green peas, kidney beans, peanuts, and enriched grain products, such as bread, cereal, pasta and rice.
- Food rich in **Vitamin B-12** include meat, dairy products, and fortified cereals and soy products.
- Foods rich in **Vitamin C**. include citrus fruits and juices, peppers, broccoli, tomatoes, melons, and strawberries. These also help the body take in iron.

## Do you have any of these symptoms?

- Feel more tired than normal
- Feel weaker than normal
- Have shortness of breath with activities that did not used to cause problems
- Dizziness when you stand up
- Feel like you might pass out
- Notice a fast, or irregular heartbeat

## When should I see a doctor?

For any of these symptoms, seek care from your doctor. If the signs are more severe, call 911 or go to the Emergency Department.



# Treating Iron-Deficiency

## ANEMIA

To treat anemia, eat an iron-rich diet. If you don't eat enough iron, your body can become iron-deficient.

Examples of iron-rich foods are shown below.



Liver



Chicken/Turkey



Beef



Shrimp



Oysters



Tuna



Spinach



Oranges/Citrus



Cream of Wheat



Whole Wheat Bread



Raisins



Beans



Broccoli



Lentils



Prunes/Prune Juice



Green Beans

### How much iron do I need?

In general, most adult males need about 8 mg of iron daily and adult women require 18 mg of iron daily.

If you are pregnant or breastfeeding, iron needs increase; pregnant women need about 27 mg of iron daily and lactating women need roughly 9-10 mg of iron daily.

### Note

Some foods may reduce iron absorption, including dairy, soy, coffee, tea, and some whole grains.

SCAN FOR INFORMATION



This guide is for informational purposes only. If you have any questions about your health, please see a doctor.