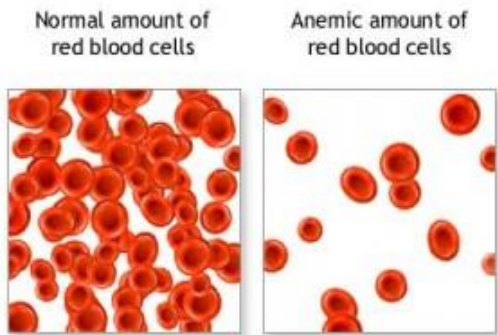


# Anemia:

- Reduction in the total number of erythrocytes in the circulating blood or a decrease in the quality or quantity of hemoglobin



ADAM.

- Most caused by a lack of nutrients required for normal erythrocyte synthesis, principally iron, vitamin B12, and folic acid

Sample diet on back 

# Sample Diet

Breakfast	whole wheat english muffin with 2 cheese slices, 1 egg, 1 cup coffee with half and half
AM Snack	1 c cantaloupe, 10 almonds
Lunch	4 oz grilled chicken, 1 c strawberry & spinach salad
PM Snack	12 whole wheat crackers with tuna
Dinner	3 oz salmon with 1 c broccoli
Snack	1/2 c strawberry ice cream
Drinks:	Coffee for breakfast
	Add milk after lunch
	plus a supplement
	*grains fortified with folate and iron

- Small & frequent meals, Liquids between meals

# Nutritional Anemia



# Iron Deficiency Anemia

## Risks

- Associated with higher total mortality, increased risk of cardiovascular and cancer mortality
- GI disease, renal disease, infectious disease

## Causes

- Menstruation, increased demand for growth
- Inadequate ingestion, absorption, or utilization, defects in release from stores, increased requirement, increased blood loss or excretion

## Signs & Symptoms

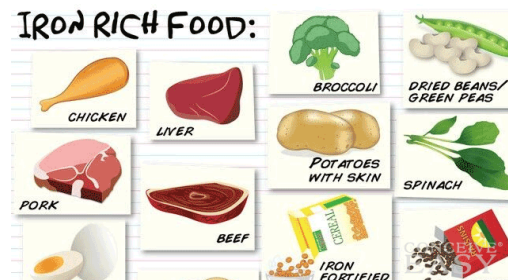
- Increased heart rate, Shortness of breath, fatigue, dizziness, pale skin, abdominal pain, nausea & vomiting.

## Medical Therapy

- Treat underlying disease
- Iron supplement

## Foods to eat

- Meat, fish, poultry
- Peas and beans, nuts, green leafy vegetables, Iron-fortified breads and cereals



# Folate Deficiency Anemia

## Risks

- Neural tube defects in infants
- Required for DNA synthesis, aids in process of cell division and growth

## Causes

- Poor diet, pregnancy
- Malabsorption, increased requirements for growth
- Medications, alcohol, celiac disease, tropical sprue

## Signs & Symptoms

- Paleness, lack of energy, anorexia, diarrhea

## Medical Therapy

- Oral or parenteral treatment (1 mg/day for 2-3 weeks)
- Rule out B12 deficiency

## Foods to eat

- Fruits, leafy greens, cereals
- Meats



# B12 Deficiency Anemia

## Risks

- Often leads to heart disease and is fatal, loss of coordination

## Causes

- Poor diet, lack of intrinsic factor
- Gastric disorders, pancreatic disease, HIV or AIDS, liver disease, renal disease
- Vitamin B12 antagonists, enzyme deficiency, hyperthyroidism
- Smoking, excessive alcohol, hot tea

## Signs & Symptoms

- Develops within 20-30 years, often vague and ignored
- Loss of appetite, weakness, fatigue, abdominal pain, beefy red tongue, spleen enlargement

## Medical Therapy

- Injection of 100 mcg B12/week
- 1000 mcg/daily

## Foods to eat

- Leafy green vegetables
- Beef, pork, eggs, milk, milk products



Sources of Vitamin B12

