



Prevention of anemia is the guarantee of human health.

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This article contains the necessary information about measures to prevent anemia and the symptoms of anemia. Sources on the importance of correct and rational nutrition in preventing anemia are given.

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Anemia is one of the common diseases among the population. People with anemia usually feel sluggish and weak. It causes serious changes in anemia, especially among pregnant women and young children. Anemia is a mineral disease that occurs when the human body does not get enough iron and loses it. Iron is contained in hemoglobin in the blood, it supplies the whole body with oxygen and gives strength to a person. When there is not enough iron in the blood, the hemoglobin level drops and a person suffers from anemia.

Symptoms of anemia:

Weakness, fatigue, relaxation, decreased ability to work. They are more susceptible to infectious diseases such as diarrhea, cough, colds, tuberculosis, because their immune system activity is reduced.

If young children (especially during the first two years of life) need iron for a long time, they may lag behind in mental development and

have difficulty mastering lessons at school. In this, they fall behind and never recover their mental abilities, even after the anemia is treated.

A mother with anemia is more likely to give birth to a premature or very low birth weight baby. During pregnancy and childbirth, the risk of unpleasant situations and even death increases for the mother and child.

A person should eat at least 70-80 grams of meat or 100 grams of fish every day in order to have a normal working capacity. Especially pregnant and breastfeeding women, young children and adolescents should follow this. Sometimes there is no meat and fish in the family, in such cases it is necessary to eat as many legumes and rice as possible. and together with them, it is necessary to eat vegetables, fruits, vegetables, yogurt or sauerkraut.

Fruits and vegetables should be found in winter and early spring. That's why there are

more than just fruits and vegetables to eat during these seasons

can or freeze. When canning, use limited amounts of sugar, salt, and vegetable oil. Whenever possible, eat fresh fruits rather than those that have been stored for a long time. Because when fruits are stored for a long time, their iron content decreases.

Cooking, boiling, or frying foods at high temperatures reduces the amount of vitamin C in them, so if possible, eat fresh cut vegetables (washed in boiling and cooled water) rather than cooked vegetables. Meat and fish should be cooked thoroughly, but not overcooked. To facilitate the absorption of iron in the body, eat the main meals with vegetables, fruits and herbs rich in vitamin C, for example, dill, parsley, mint. Eat fruit after your main meal, not just as a snack between meals. Use ayran, katik, suzma as a side dish. Yogurt, rice, sauerkraut, legumes, corn, bread, pasta products, cereals and eggs facilitate the absorption of iron by the body. Skimmed milk does not help the absorption of iron, on the contrary, it slows it down. Add iron-rich fruits to your meals.

Try to drink tea not during the meal, but after some time has passed after the meal. If tea is drunk during or immediately after a meal, the amount of iron absorbed by the body is significantly reduced. Pure boiled water, compote (without sugar or with a small amount of added sugar), fruit and vegetable juices are drinks that can replace tea.

Anemia is a very serious disease, and any sick person should seek medical advice. Treatment of anemia depends on its cause and severity. Severity can be mild, moderate or severe. Anemia can often be treated by eating a mixture of iron-rich foods and taking iron tablets. But in some cases more serious treatment is required. After treatment of anemia, it is necessary to eat foods rich in iron every day in order not to get sick again. Eating iron-rich foods is important to prevent anemia, but iron-rich foods are only part of what the body needs to stay healthy and strong. We should eat products from the following five food groups every day.

Bread, cereals, rice, pasta and potatoes are a group of foods that we should eat in large

quantities every day and should form the basis of our nutrition. Eat bread products, buckwheat, oats, rice, pasta and potatoes several times a day. They give strength and provide the body with protein, starch (carbohydrate), connective tissue and some minerals and vitamins.

In conclusion, it should be said that our health is in our own hands! We must not forget that eating on time and in moderation, working and resting, not overindulging in emotions, not spoiling the mood, taking care of the nervous system are the keys to health and longevity. We are supporters of a healthy lifestyle.

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