

WIFS PROGRAMME

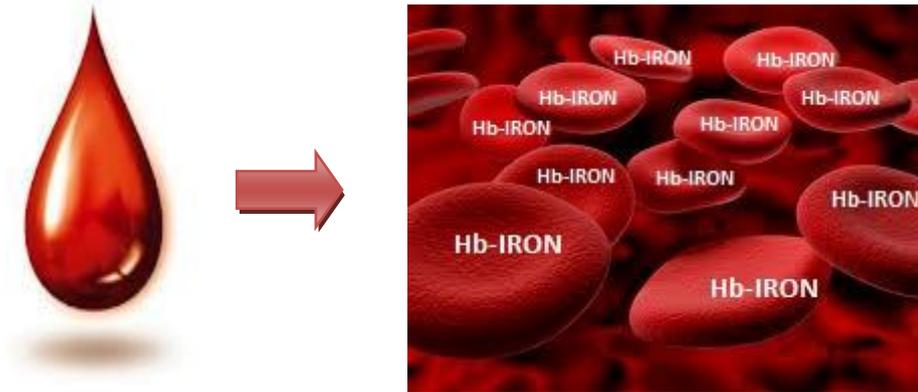
Anaemia Facts

Handout for Adolescent Boys and Girls(10-19 Years)

1. What is Iron ?

Iron is a mineral needed by our body. Iron is part of hemoglobin in blood ,which carries oxygen from our lungs throughout our body. When our body don't have enough iron, many parts of our body are affected.

Blood means Haemoglobin and haemoglobin means Iron



2. What is anaemia?

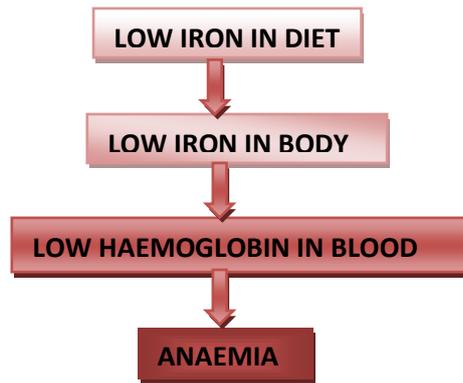
Anaemia means reduced haemoglobin levels in the blood.

3. What causes Anaemia?

- **Nutritional**- the most common cause of anaemia is low intake of iron and folic acid in our diet. Deficiency of other nutritional elements such as vitamin C and Vitamin B12 can also cause anaemia.
- **Non- Nutritional**-Conditions such as hookworm infestation and malaria can also lead to anaemia

4. Why is it common during Adolescence?

- In adolescence there is rapid body growth and development .
- This means extra iron is required by your body for increase in weight , height and muscles
- When this extra requirement of iron is not met through proper diet it leads to Anaemia.



- Anaemia is more common in girls because they have extra loss of iron in blood through menstrual bleeding.

5. What happen when you are Anaemic?

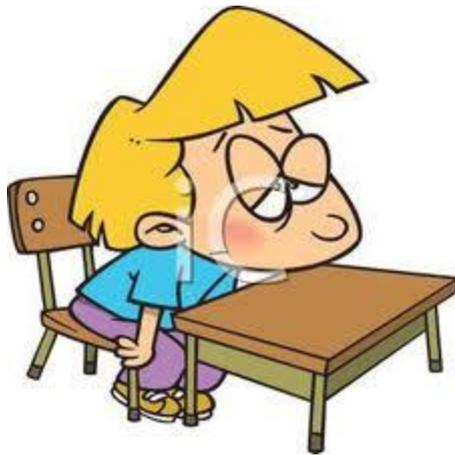
- You will feel tired most of the time
- You will not feel energetic



- You will feel sleepy



- You will have soreness of the mouth, with cracks at the corners.
- You will have shortness of breath and frequent headaches, particularly with exercise
- You will have whiteness or pallor in the lower eyelid, tongue, overall skin, nails, palms of the hand
- You will lose interest in play and studies



- You will have difficulty in concentrating
- You will have lowered grasping power



- You will have leg cramps

- You will have repeated infections



- You will have craving for strange substances such as paper, ice, or dirt (a condition called pica).
- You will not feel like eating anything



6. Why is important for you to control anaemia?

- Anaemia has a bad effect on your development
- Anemia reduces your ability to learn, exercise, participate in sports and concentrate leading to poor performance in school and outside.
- In girls, anaemia is even more harmful as it leads to their poor health during pregnancy and also poor growth of the baby.

7. How to make sure you do not become anaemic?

- You should eat foods which include green leafy vegetables, whole pulses, fruits, jaggery , meat and liver, other vegetables etc.list of iron rich food at back of handout



- You should avoid taking tea, coffee and cold drinks with or after meals.



- You should regularly take Weekly dose of Iron and Folic Acid supplements the “blue tablet”



- You should take six monthly Albendazole tablet to kill all worms inside your body.

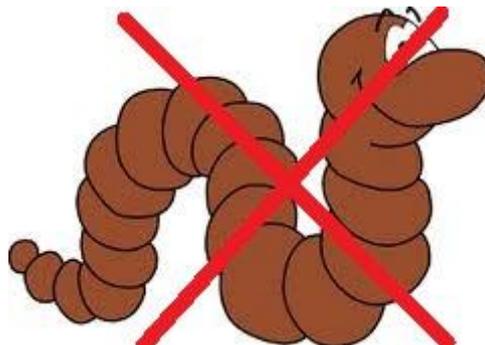


- You should wear shoes/slippers at all time to avoid worm infestation



- You should take proper and timely treatment of all illnesses
- You should attend education session on anaemia in school.

8. How to prevent worm infestation?



- Take at least one bath daily
- Wash hands after defecation, after contact with rubbish, before eating food, after touching animals



- Keep nails short and clean



- Wear clean clothes



9. What you need to know about the “blue Tablet”?

- Take blue tablet only once a week
- Take blue tablet after a meal and never empty stomach
- Blue tablet causes no serious problem (In case of some nausea/pain in stomach, see your teacher/health worker)

SOLID BANO INDIA!

Bachchon mein Khoon ki kami door karne ke liye Bharat Sarkar ki pahal!!

COMMON IRON RICH FOODS

CHANA SAG



SPINACH



KANTEWALI CHALAI



ONION STALKS



MUSTARD LEAVES



FENUGREEK LEAVES (METHI)



MINT



ARVI KA SAG



<p>LENTIL</p>		<p>BENGAL GRAM, WHOLE</p>	
<p>SOYABEAN</p>		<p>GINGELLY SEEDS (TIL)</p>	
<p>RED GRAM DHAL (ARHAR)</p>		<p>PLANTAIN GREEN (UNRIPE KELA)</p>	
<p>BLACK GRAM ,DHAL (URD DAL OR KASKALAY)</p>		<p>MELON, WATER</p>	

SEETHAPHAL



MUTTON



COMMON VITAMIN C RICH FOODS

CABBAGE



DRUMSTICK LEAVES



CORIANDER LEAVES



AMLA



SAMPLE ADOLESCENT BALANCED DIET

10 – 12 years Adolescents Boys

Early morning : 1 glass milk (200 ml) + 1 – 2 tsp sugar

Breakfast: 2 vegetable stuffed parantha (any) /2 -3 dosas stuffed with potato vegetable / 2 bread slices with butter / 4 idlis with coconut chutney/ 1 cup vegetable upma + 1 cup tea (with 1 – 2 tsp sugar)

Mid-morning : 1 fruit like banana, apple, guava etc or 1 glass lemon juice (with 1 – 2 tsp sugar)

Lunch : 4 rotis or 2 katori cooked rice or 2 rotis and 1 katori rice

+ 1 katori green leafy vegetables (cooked in 1 tsp oil) + 1 katori cooked dal or sprouts (cooked in 1 tsp oil) + 1 katori dahi (200 ml) like aloo raita or carrot raita etc

Tea : 1 cup tea (with 1 – 2 tsp sugar) + 1 rusk or 1 biscuit or aloo chaat

Dinner: 4 rotis or 2 katori rice or 2 roti and 1 katori rice

+ 1 katori cooked dal/pulses vegetables (cooked in 1 tsp oil) + 1 katori any vegetable (cooked in 1 tsp oil)

10 – 12 years Adolescent girl

Menu

Early morning : 1 glass milk (200 ml) + 1 – 2 tsp sugar

Breakfast: 2 vegetable stuffed parantha (any) /2 -3 dosas stuffed with potato vegetable / 2 bread slices with butter / 4 idlis with coconut chutney/ 1 cup vegetable upma + 1 cup tea (with 1 – 2 tsp sugar)

Mid-morning : 1 fruit like banana, apple, guava etc

Lunch : 3 rotis or 1 ½ katori cooked rice or 2 roti and ½ katori rice
+ 1 katori any green leafy vegetables (cooked in 1 tsp oil) + 1 katori any cooked dal or sprouts (cooked in 1 tsp oil) + 1 katori dahi (200 ml) like aloo raita or carrot raita etc

Tea : 1 cup tea (with 1 – 2 tsp sugar) + 1 rusk or 1 biscuit or aloo chat

Dinner: 3 rotis or 1 ½ katori rice or 1 roti and ½ katori rice
+ 1 katori any cooked dal/pulses vegetables (cooked in 1 tsp oil) + 1 katori any vegetable (cooked in 1 tsp oil)

13 – 18 years Adolescent girl

Early morning : 1 glass milk (200 ml) + 1 – 2 tsp sugar

Breakfast: Breakfast: 2 vegetable stuffed parantha (any) /2 -3 dosas stuffed with potato vegetable / 2 bread slices with butter / 4 idlis with coconut chutney/ 1 cup vegetable upma + 1 cup tea (with 1 – 2 tsp sugar)

Mid-morning : 1 fruit like banana, apple, guava etc

Lunch : 3 rotis or 1 ½ katori cooked rice or 2 rotis and ½ katori rice

+ 1 katori green leafy vegetables (cooked in 1 tsp oil) + 1 katori cooked dal or sprouts (cooked in 1 tsp oil) + 1 katori dahi (200 ml) like aloo raita or carrot raita etc or 1 katori paneer sabji

Tea : 1 cup tea with 1 – 2 tsp sugar) + 2 rusk or 2 biscuit or ½ katori aloo chaat

Dinner: 3 rotis or 1 ½ katori rice or 2 roti and ½ katori rice

+ 1 katori cooked dal/pulses vegetables (cooked in 1 tsp oil) + 1 katori any vegetable (cooked in 1 tsp oil)

13 – 18 years Adolescent Boys

Early morning : 1 glass milk (200 ml) + 1 – 2 tsp sugar

Breakfast: 3 aloo ka parantha/ vegetable stuffed parantha (any) /3 rotis + 1 katori paneer sabji or aloo sabji/ 4 bread slices with butter /3-4 dosas stuffed with potato vegetable / 5-6 idlis with coconut chutney/ 2 cup vegetable upma + 1 cup tea (with 1 – 2 tsp sugar)

Mid-morning : 1 fruit like banana, apple, guava etc

Lunch : 4 rotis or 1 ½ katori cooked rice or 2 rotis and ½ katori rice + 1 katori green leafy vegetables (cooked in 1 tsp oil) + 1 katori cooked dal or sprouts (cooked in 1 tsp oil) + 1 katori dahi (200 ml) like aloo raita or carrot raita etc or 1 katori paneer sabji

Tea : 1 cup tea with 1 – 2 tsp sugar) + 2 rusk or 2 biscuit or 1 katori aloo chaat

Dinner: 4 rotis or 1 ½ katori rice or 2 roti and ½ katori rice + 1 katori cooked dal/pulses vegetables (cooked in 1 tsp oil) + 1 katori any vegetable (cooked in 1 tsp oil)