

ANNEXURE 10

Guidelines on consumption of WIFS tablets

- Adolescents will be advised to take iron-folic acid tablets after meals (approximately one hour) to prevent side effects such as nausea.
- Adolescent girls or boys who complain of side effects will be advised to take the IFA supplements after dinner and before retiring to sleep.
- Increase intake of foods rich in vitamin C such as lemon, amla etc will be help to absorb iron from the vegetarian Indian diet. Use of iron vessels for cooking will also be encouraged.
- Drinking of tea or coffee within an hour of consuming main meals will be discouraged.
- Adolescent boys and girls will be motivated to follow correct hygiene practices and the habit of using foot wear to prevent worm infestation.