

## Maintenance of Hemoglobin to prevent Anaemia:

Hemoglobin is a substance existing inside red blood cells. It's main function is to carry and release oxygen. When the red blood cells inside the blood circulate in the body, the hemoglobin is taken inside the body tissues, then release oxygen for gas exchange of the body cells. The low hemoglobin level is commonly referred to anemia.

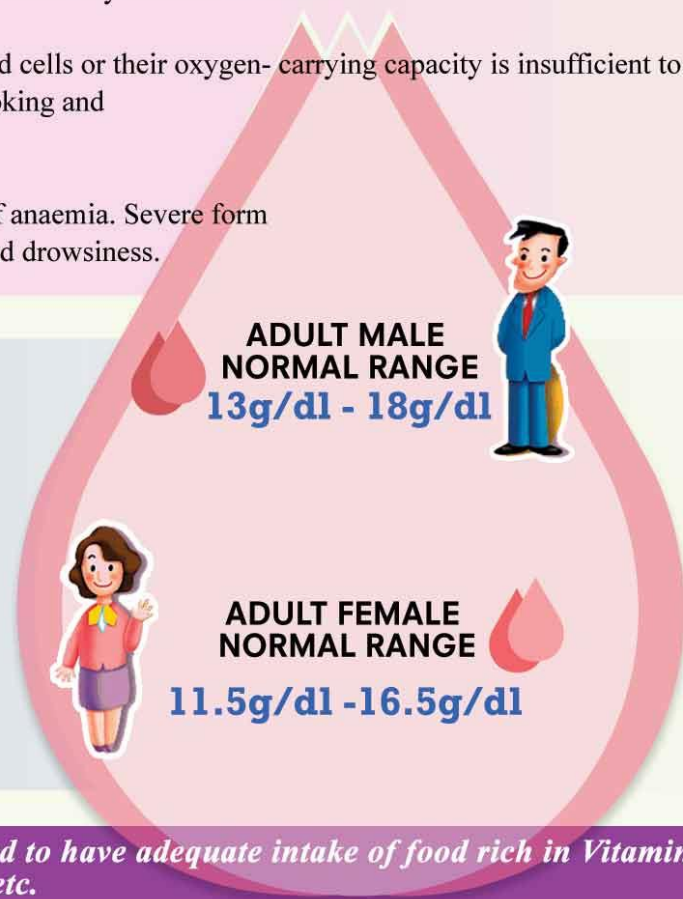
Thus Anaemia is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiologic needs, which vary by age, sex, altitude, smoking and pregnancy status.

Iron deficiency is considered to be the most common cause of anaemia. Severe form of Anaemia is associated with fatigue, weakness, dizziness and drowsiness.

To maintain hemoglobin function well, you need to pay more attention to the following aspects:

Intake foods rich in iron (which includes):

- Lean meat: such as beef, pig meat.
- Internal organs: such as beef, chicken, duck liver, pork heart, beef heart, pig kidneys. (Not suitable for those patients suffering from hyperlipidemia or hypercholesterolemia).
- Vegetables: lilies, medlar, spinach, and cabbage.
- Beans: green beans, black beans, white beans, and red beans.
- Dry fruit: prunes, raisins, and apricots.



*Vitamin C helps iron to be absorbed well, so we need to have adequate intake of food rich in Vitamin C, such as orange, kiwi fruit, papaya, mango, tomato etc.*

## 8 Healthy Cooking Tips for South Asian Population

1. Use low fat cooking methods including stir-fry, sauté, poach, steam, roast, grill and bake.
2. Replace butter, ghee, coconut oil which is high in saturated fat with soft margarine, canola, corn or olive oil.
3. Replace cream sauce for curry with low fat plain yoghurt, low fat milk or low fat salad dressing.
4. Replace salt with spices and herbs, use of garlic, ginger, shallots, onions, vinegar, lemon juice, citrus zest, hot chillies to add flavour.
5. Use fresh tomatoes, lentils, onion and herbs to make vegetable sauce.
6. Use whole-wheat flour, oatmeal, whole cornmeal to replace plain flour to make naan, chapatti and roti.
7. Choose whole grain for part of your ingredients such as brown rice, wholemeal bread, oatmeal and oatbran.
8. Use fresh food and avoid canned, processed and preserved vegetables/pickles and meat as they are high in salt.

