## 基督教聯合那打素社康服務 WITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE South Asian Health Support Programme **Tips in Maintaining Hemoglobin level**

Low Hemoglobin level is commonly referred to anaemia. Iron deficiency is considered to be the most common cause. Symptoms of anaemia may include: fatigue, weakness, dizziness and drowsiness. If your hemoglobin level is low,

## consult a doctor. Normal Range of Hemoglobin(HB)

Adult Male	13.0-17.0g/dl
Adult Female	11.0-16.0g/dl

To maintain hemoglobin level, pay more attention to the following aspects: Intake food rich in iron (which includes):



Dry fruit: Such as almond, prunes, raisins and apricots



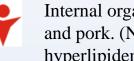
Dry vegetables: Such as broccoli, beetroot, lilies, medlar, spinach and cabbage



Beans: Such as tofu, green beans, black beans, white beans, red beans and lentils



Lean meat: Such as beef and pork



Internal organs: Such as liver, heart and kidney of beef, chicken, duck and pork. (Not suitable for those patients suffering from hyperlipidemia or hypercholesterolemia)

<u>Vitamin C</u> 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.



