



基督教聯合那打素社康服務

UNITED 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)

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.

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