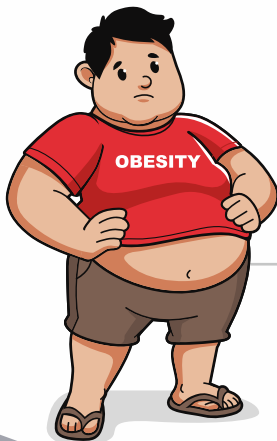
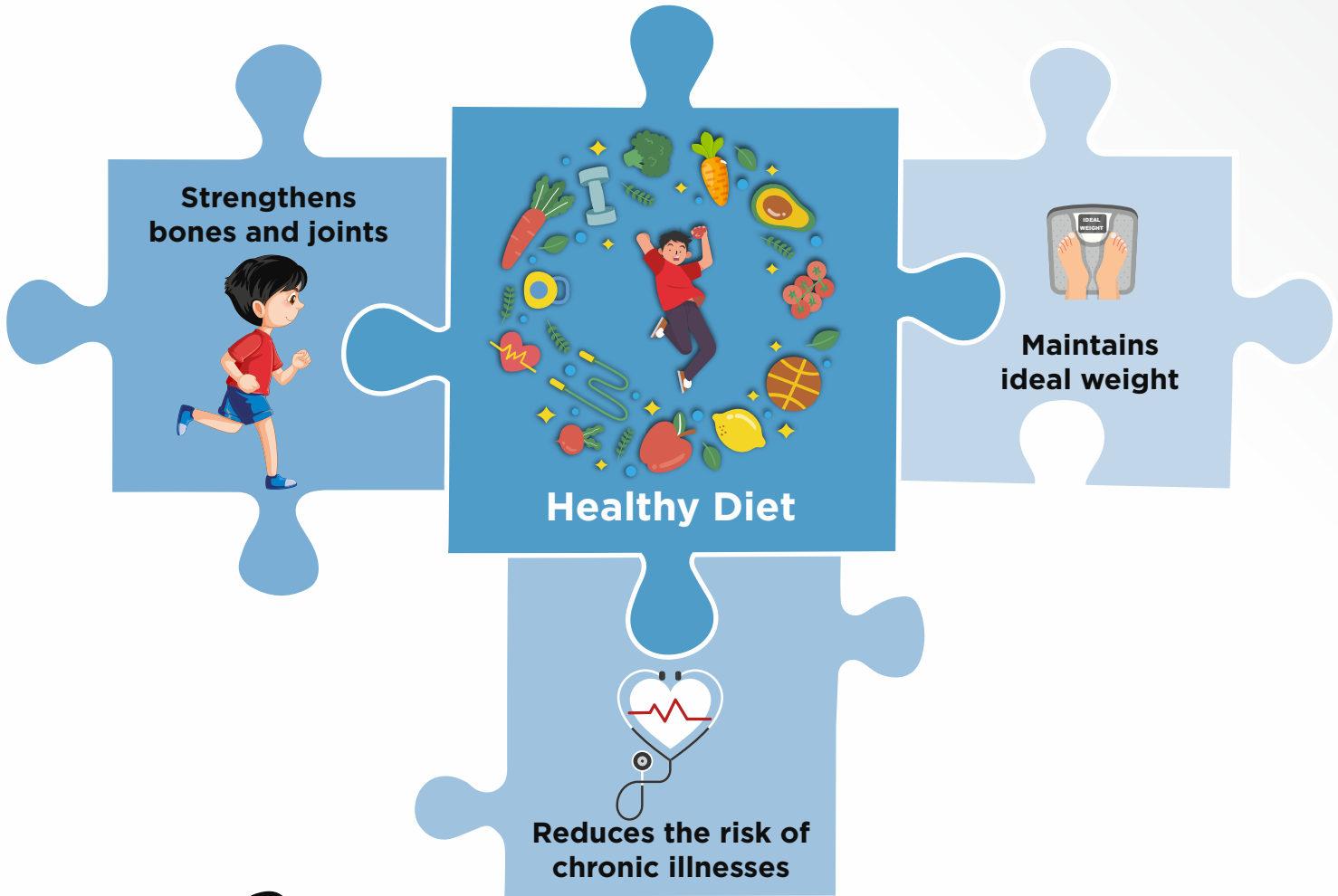


NUTRITION FOR PwH



THINGS TO KEEP IN MIND



Increases use of factor therapy



Increases joint Stress

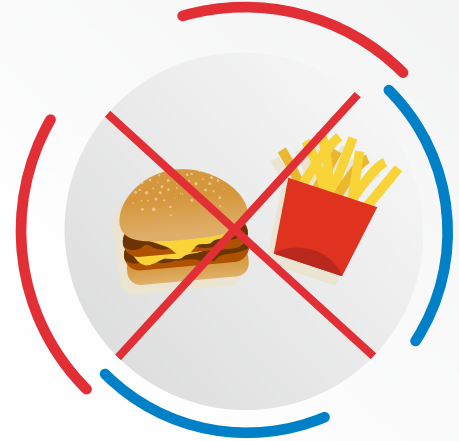




DIETARY TIPS



**Eat iron and calcium
rich food**



**Eat low fat or
no fat food**



**Increase intake of
whole grains
eg: Oats, barley**



**Avoid added/
hidden Sugars**



**Be careful with
supplements**



DIETARY TIPS



Help Raj to **choose!**

Scenario : 1

Raj is at a carnival, and he feels thirsty.
Which beverage item should he choose?

a) Fresh Fruit Juices



b) Canned fruit Juices

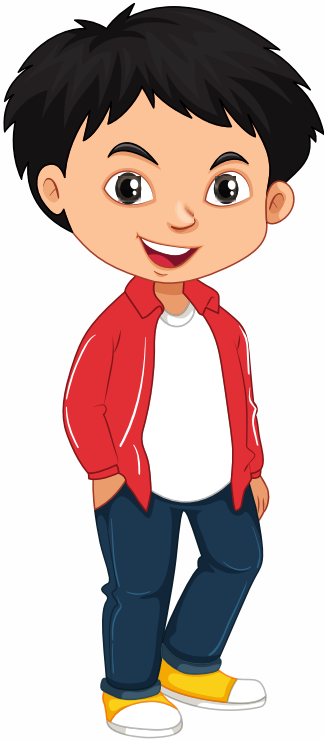


Raj should
choose fresh
fruit juices
to avoid
hidden sugars





DIETARY TIPS

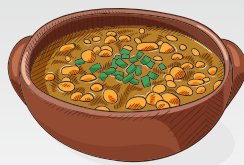


Help Raj to **choose!**

Scenario : 2

Raj is in a restaurant and needs to order food. Which food item should he choose from the menu?

a) Iron rich Daal



b) Hamburger



Raj should choose daal as it is rich in Iron. Iron makes red blood cells for oxygen transport. Bleeding depletes iron; eat iron-rich foods for quick recovery.



Reference: <https://www.questjournals.org/jrhss/papers/vol11-issue6/1106103105.pdf>

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