



<https://www.malnutritionpathway.co.uk>

## ANAEMIA

Untreated and ongoing anaemia can impair immunity, affect energy levels, appetite and exacerbate fatigue.

Ask your healthcare team to help identify the cause and treat if appropriate.

Ensure adequate iron and vitamin C intake:

- Good sources of iron include - red meat, oily fish, eggs, beans, pulses, nuts, seeds, fortified cereals, dried figs, dried apricots, raisins and green leafy vegetables such as spinach, watercress and kale

- As Vitamin C enhances the uptake of iron, include foods rich in Vitamin C along with iron rich foods. Good sources include citrus fruits, blackcurrants, blackcurrant juice, red and green peppers, green leafy vegetables, broccoli, and potatoes. For example a try a glass of orange juice alongside scrambled egg

