

How can I prevent anaemia?



Eat more:

Meat and chicken (well cooked, avoid liver in pregnancy)

Dark green vegetables (wash well)

Beans, lentils, chickpeas

Oily fish (salmon, sardines, mackerel, limit to two portions per week)

Nuts, seeds and dried fruit

Have less:

Tea and coffee - avoid one hour before and after meals. These drinks contain tannins which reduce iron absorption