Iron Deficiency Anaemia is a condition in which the number of red blood cells (and consequently their oxygen carrying capacity) is insufficient to meet the body’s physiologic needs.

Prevalence of Iron Deficiency in India (CNNS 2016-2018)
Pre-schoolers - 41%, School-age children - 24%, Female adolescents - 40%, Male adolescents - 18%

**CAUSES**
- Low intake of bio available iron
- Increased physiological iron requirements
- Infections
- Impaired absorption of iron
- Other causes: Surgery, trauma

**INTERVENTION STRATEGIES**
Food diversification, Supplementation, Fortification, Bio fortification

**BIO AVAILABILITY OF DIETARY IRON**
- Heme iron (15%-35%)
- Non-heme iron (2%-20%)

**ENHANCERS**
- Iron deficiency
- Heme iron
- Vitamin C rich diet

**DIETARY INHIBITORS**
- Phytates, oxalates and tannins
- Calcium rich food

**SIGN & SYMPTOMS**
- Spooning of the nails
- Fatigue, Dizziness
- Pale skin, Pica, Soreness of the tongue

**AT RISK POPULATION**
- Infants and Adolescents
- Women of reproductive age
- Pregnancy
- Inadequate access to foods rich in absorbable iron

**FOOD SOURCES**
Bio-availability of Iron from heme (non-veg) sources is higher than the non-heme sources.

**HEME**
- Chicken / goat liver
- Eggs
- Red meats
- Dried fishes

**NON-HEME**
- bajra, wheat bran, poha - rice flakes, puffed rice
- Dried fruits like dry dates, dried anjeer, dried apricots
- Dried beans

- Green leafy vegetables
- Kakvi, Jaggery (Liquid Jaggery)
- Garden cress seeds (halim)

**CAUTION : GARDENCRESS SEEDS IS NOT RECOMMENDED IN PREGNANT WOMEN**

References:
3. NIN, 2010

Compiled & Contributed by Indian Dietetic Association (IDA), Mumbai Chapter
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