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EATING HABITS IN HEMATOLOGICAL DISEASES

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Abstract: The metabolic principle of the diet for diseases is characterized by the characteristics of the patient and the nature of the clinical manifestations of the disease, the level and nature of metabolic diseases.

Key words: Anemia, Blind Diseases, Redward Besels, Hemoglobin.

Almost all blood diseases occur with anemia, which reduces the number of red blood cells and hemoglobin.

Mealing in the prevention and treatment of anemia is important.

Anemia can be the result of an independent illness or other pathological process.

The causes of Anemia are:

- Discussion of acute and chronic blood;

-Moteness meals, lack of iron in body

-protein, vitamins, especially B12 and the folatization not sufficient consumption;

- In the diseases of the stomach, small and colon,

Violation of the assimilation of hematopoetic nutrients with -Gelpinic innovations;

- Disruption of red blood cell injuries due to bone marrow injury in patients;

The destruction of erythrocytes in the-cunition is a hematological anemia varying.[1]

Anemia is divided into the following groups:

1. Disorders of hexematopoz;

2.Iron deficiency and postegraphorrhik anemia;

1.Hedo saturated anemia;

4.Meginaltic anemia;

5. Paplastic anemia;

6.Hedicitic Anemia.

The most common (in 80%) anemia due to iron deficiency.[2]

In the structure of the diet for patients with iron deficiency anemia, it is necessary to pay attention to the following:[3]

- consuming the absorption of iron from the various dishes in theich;

- Ratio of non-hem and non-hem iron compounds in the poll;

- The amount of substances that increase the absorption of.

- Calories of proteins, fats, carbohydrates in the food.

Currently, health facilities recommend the use of a high protein diet.[4]

Brief description: a diet of high protein, limited normal amounts, complex carbohydrates and easy-digestible carbohydrates.Except for sugar.Restriction of soup salt (6-8 g per day), chemical and mechanical properties of stomach and bleeding roads.The food is prepared without boiled, cooked, evaporated, puree and puree.[5]

There are many foods, beef meats, nuts, dried fruits and vegetables.

Healthy people absorb about 5-10% of iron in their diet, while those who have iron absorbs about 10-20%.The absorption of iron from food depends on many factors.

The iron contains the iron is better absorbed in animal products.For example, in the shadan meat 22% and 16% of the liver there are 16% steel iron.[6]

Hemoglobin and brain, i.e. blood and muscles iron are better absorbed.The maximum consumption is less than the beef, poultry or less, eggs and milk.

The iron boiled and well absorbed in the roasted liver, so there is no need to eat raw or semi-cooked liver.[7]

The absorption of iron from plant foods is improved with a mixed meal (foods containing Hemy iron increase the absorption of non-hems).

In recent times, various food absorption of their food absorption has been studied, taking into account the content of the substances that controls and strengthen the absorption of which is different foods for the most optimal absorption of this macroeliment.Meals were used.[8]

The combination of meat and meat products or fish, as well as citrus fruits, compices of citrbic juice, composers, asorbinbic juice, compices of ascosity, ascorbic acid is the best of ironincreases the progress.Ascorbinic acid plays a large physiological role in the absorption of iron.[9]

It is possible to increase the absorption of iron by reducing this impact and easing easily absorbed iron complex (no different gems).The enrichment with ascorbic acid on a diet, which contains mainly plant products, increases the absorption of non-hem food iron.[10]

Therefore, in healthy people, the amount of iron in the body is maintained in a relatively constant level.

When using the juice of the juice, especially when citrus fruits, citrus fruits increase the absorption of cereals, bread, and eggs in the fruits of cereals.[11]

Okalalic acid and TANINER violate the absorption of iron, so they are not important sources of spinach, horserka, rows, palm or quince iron.The absorption will deteruction if the egg yolks are consumed together with cocoa, chocolate.

Iron is also poorly absorbed in wheat seeds, bean fat, spinach, meals made of lentils and beets.[12]

On the contrary, a good absorption of iron from vegetables, which contains significant vegetables, pumpkin, pumpkin, broccoli, broccoli, pickmac, and white cabbage), on the contrary.[13]

Anemia, leobopenia, hemoglobin synthesis, and the synthesis of hemoglobin synthesis, have an enzymatic impact on the diet, the diet and the synthesis of blood cells needed for differentiation and maturity of blood cells.It is recommended to exclude substances.[14]

To build the stream of blood cells, lisin, methionine, tryptophan, tyrosine, lecithin, and cholinine should include enough proteins.Kobalt, vitamin B12, Falial and Ascorbic acids is necessary to differentiate blood elements, as well as turn yellow bone marrow into red.In addition, vitamin B6 (Pyridoxin) and Ryboflavin will participate in protein metabolism.Tiamine, nitrogen extractive substances are necessary to encourage and arrange the production of finished forms from landscaps.[15]

Leisopenia and agranulocosis is sharply intensified, so the diet is reduced in the diet, liver, kidneys reduced, but the amount of protein increases due to vegetables.Limit the fat of animals and increase the amount of vegetable oil.

Therefore, based on the types of Anemia, dietary dishes are recommended for dieters.

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