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ANEMIA DISEASE AND RATIONAL NUTRITION IN IT

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Abstract: 24.8% of the common land population of the entire World Health Organization is sick.75 percent of the disease is caused by iron deficiency, not consuming products rich in essential elements.

Each adult person has about 5 liters of blood in the body.If you want to know how much blood is in your body, then remember - it makes up 7 percent of body weight.Anemia (Anemia) is the number of erythrocytes in the blood and a decrease in the quality of hemoglobin.
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.

The disease is a common emissions caused by a lack of vitamin V12 due to a seventy constraints.For a longer bleeding for a long time, for example, in the disease of the bourish or meda and the dual meta and the dual columns, in the disease of the two-finger wounds, is observed.Anemia that causes iron not even in the loss of long and coppers in the menstruation.[1]

The iron deficit is a sign of anemia.Lack of iron deficiency leads to the fact that healthy blood cells (erythrocytes) are developing in the human body.It covers oxygen from the opcle in a small iron protein substance in a small blood body body body.Achieving sources of sources of iron in the prevention and treatment of blood-iron deficiency and reconsidance of the impetus of blood should be achieved in a slight planning, flavoring.[2]

Anemia, caused by a lack of vitamin V12 or folic acid, is much less common.Specific symptoms of Anemia: language ferocity include signs of the nervous system when diseases are spent.[3] It is very important to determine chronic diseases of the meda-interstake, especially during the period of diarrhea to prevent this different anemia, especially for diarrhea.Where the scattered locations, they should be treated from them to prevent them, while the disease should be treated in a small time.[4]

Hillary hemolicity anemia related to the covering erosion of hydraulic erosion.They can be hereditary or acquired, usually the sariq the sariq the sariq, the amount of erythrocytes and hemoglobin.[5]

Anemia found in children is dangerous as an anemia caused by iron deficiency in the child's body.The reason is that patients complaining about Anemia also are more likely to suffer from other infectious illness.[6] Anemia in children treats the hematologist in difficult situations.[7] Children's Anemia is a problem of the world pediatricians.The decline in the amount of hemoglobin in the blood is caused by anemia.Oxygen shipping is the main task of the blood in the brain.With this disease, the risk of creating different infectious illnesses is the risk of different infectious illnesses in low-suffering and immunity.Oxygen and Busim are delivered through a special protein in the hemoglobin iron.[8] The level of hemoglobin can be found in the following numbers:

180- 240 g / l in newborns;
1 month to 5 - 110 - 115 g / l;
Between 5 and 12 - 110 - 120 g / l;
12th from 12 to 15 - 120 - 140 g / l.

Violation of these norms is caused by an original disease of anemia.

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It is a number of people to know the symptoms of an anemia to all.The main feature of anemia is that you have an anemia to be anemia (if you feel tired)Stays and legs are cold, freezing it, frozen), can begin an anemia when you are pale and pale.Unification, charitable, nervousness, and nails, breathing, breathing, and collection of breaths, which means no other reason for the lips), meaning that there is no other reason for the lipsInterests (in an angloist, eating, water, or mudding an anemia, to eat, and mudding hidka, a mudding of petrol products, or kraska).The violation of the months in women, the menstruation is frequent of the lack of iron in long and cumbersome.Bot-bot is pregnant, because a child is caused by a breastfeeding, because a part of the steel stock in the mother's body is caused by a breastfeeding, because a child is caused by iron.Anemia in pregnancy can be dangerous (cause fetus to not be well developed).The presence of these symptoms can help you doubt that anemia, but it is impossible to diagnose with their help.[9]

How people with hematological diseases should be eaten:

The metabosus principal of a diet for hemorrhaging in hematological diseases is characterized by the characteristics of the patient and the characteristics of the clinical manifestations of the disease, the level and nature of metabolic diseases.

Mealing in the prevention and treatment of anemia is important.[10]

Anemia can be the result of an independent illness or other pathological process.In the structure of the diet for patients with iron deficiency anemia, it is necessary to pay attention to the following:

- 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.[11]

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.[12]

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.[13]

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.[14]

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.[15]

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.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.

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Therefore, in healthy people, the amount of iron in the body is maintained in a relatively constant level.[16]

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.

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.[9]

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.[10]

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.[11,12,13]

To build the stream of blood cells, lizin, methionine, tryptophan, tyrosine, lecithin, and cholinine should include enough proteins.[1,2] 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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