

THIS IS HOW YOU CAN HELP TO PREVENT **IRON DEFICIENCY**

Eat a variety of iron rich foods like



And to help you absorb
iron from your food:



EAT CITRUS FOOD



AVOID COFFEE AND TEA
 DURING YOUR MEALS



Nutrition

is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth.

The consumption of vegetables in Africa is not well documented because they are of wild origin at times and this makes estimations complicated.

The lipid content of most African diets is usually very low. In sub-Saharan Africa, lipids make up about 18 percent of the energy content of the diet while in certain populations this varies between 7 and 15 percent of the calories provided by the diet.

Also the menus are usually of low animal protein content (mainly from sheep and goats) and derived products provide just about 3 percent of the total energy output of the diet.

Source - Adapted from WHO 2020 <https://www.who.int/multi-media/details/nutrition-ferritin-iron-from-your-food>

Issued in Public Interest by the makers of **Orofer**[®]

To report any adverse event or product complaint, please write to safety.ROW@emcure.co.in

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