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# WORLD SICKLE CELL DAY



It is a non-contagious hereditary disease that leads to the production of an abnormal type of hemoglobin inside red blood cells

## Nutritional advice for sickle cell anemia



A person with sickle cell anemia is more susceptible to infections, including food poisoning.

- So you must:
- Cook food well
- Frozen food must be thawed before cooking
- Do not leave it outside the refrigerator for hours



Drink plenty of fluids to avoid dehydration and prevent pain attacks



Avoid caffeine drinks such as (soft drinks, tea, coffee, soda, and energy drinks) to reduce fluid production that leads to dehydration that causes pain attacks.



Folic acid (vitamin B9) Important in producing red blood cells more quickly, such as legumes, grains, and fruits: (kiwi, strawberries, and pineapple) and leafy vegetables such as white cabbage (cabbage), lettuce, spinach, and peas.