

Anaemia Prevention Guide

Everyday prevention and when to investigate

Support healthy red-cell production

- Include iron-rich foods such as pulses, beans, green leafy vegetables, meat/egg where eaten, and fortified foods.
- Pair plant iron sources with vitamin-C-rich foods to improve absorption.
- Pregnancy and certain age groups may need prescribed iron/folate supplementation.
- Treat the cause of chronic blood loss rather than taking iron indefinitely without evaluation.

Very low haemoglobin, chest pain, fainting, severe breathlessness, pregnancy with significant anaemia, or suspected bleeding needs prompt medical assessment.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.