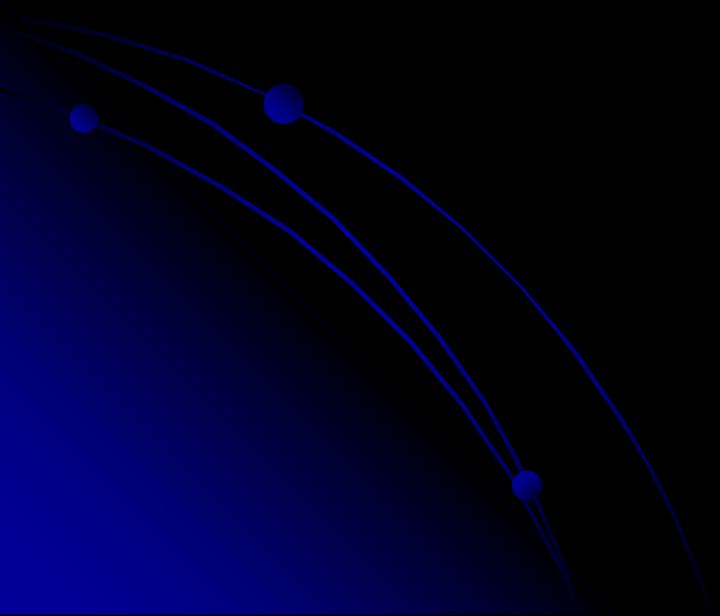


MICRO NUTRIENTS



Vitamin 'A' Deficiency

- Vitamin A is important for normal vision though in very small amounts. It is not possible for even that amount to be synthesized in the body.
- Vitamin A deficiency is most common between six months and three years. It can even cause blindness. Night blindness is an early symptom.

Vitamin 'A' Deficiency

- Six monthly doses of Vitamin A to be given to children between six months to three years.
- Increase intake of carrots, green leafy vegetables, yellow fruits, eggs, milk, fish etc. in food.
- You should assist ANM/AWW in tracking dropouts and give Vitamin A to children suffering from measles.

Iron deficiency anemia

- In children it is very common because of inadequate diet and recurrent infections and worm infestations. Give one small iron tablet daily for 100 days in a year to children under five years.

Iron deficiency anaemia

- Advise regarding proper nutrition with iron and protein rich diet (jaggery, milk, eggs, pulses, green leafy vegetables, guavas, apples, etc.).
- Advise regarding prevention of diarrhoea and importance of de-worming.
- You should assist ANM/AWW in tracking dropouts and give Iron Syrup to children suffering from measles.

Iodine deficiency

- Iodine is a very important trace element. It is required for the normal growth and development of human beings. Its deficiency during pregnancy can lead to spontaneous abortion/still birth and cretinism/mental retardation in children.
- You should advise the pregnant women to take iodized salt in food, which is enough to prevent the iodine deficiency.