Iron Deficiency Anemia Nutritional Therapy Protocol (Example)

Prescription Date: Nov 22, 2026

AVERAGE DAILY NUTRIENT TARGETS (CALCULATED VIA ICMR DATABASE)

AVERAGE ENERGY	PROTEIN	CARBS	FATS	DIETARY FIBER
581 kcal / day	19.2 g Target	108.1 g Complex	7.8 g Healthy	28-35 g Soluble/Insol.

PRESCRIBED DAILY MEAL SCHEDULE

SUN (Nov 22)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Ragi & Sprouted Moong Cheela (2 pcs) with Fresh Amla Mint Chutney	Iron-Rich Breakfast	330	16g	48g	7g
	Warm Water with Fresh Lemon Juice + 4 Soaked Munakka & 2 Dried Figs (Anjeer)	Iron Awakening	75	1.5g	16g	0.3g
Total			405	17.5g	64.0g	7.3g

MON (Nov 23)

Meal Slot	Food Name	Quantity	KCAL	P	C	F
Breakfast 08:30 AM	Warm Lemon Water + 5 Soaked Almonds + 2 Walnuts	1 piece (40g)	108	3g	22.4g	1g
	↳Ragi & Sprouted Moong Cheela (2 pcs) with Fresh Amla Mint Chutney	1 piece (40g)	116	3.2g	23g	1.4g
	2 Bajra Phulkas, Palak Chana Dal (1 cup), Beetroot Salad & Fresh Lemon Slices	1 bowl cooked (40g)	152	5.2g	27g	2.6g
Lunch 01:30 PM	Warm Water with Fresh Lemon Juice + 4 Soaked Munakka & 2 Dried Figs (Anjeer)	1 medium bowl (150g)	165	3.5g	35g	1.2g
	↳Fresh Pomegranate (1 bowl) or Guava with Black Salt	2 pieces (80g)	216	6g	44.8g	2g
Total			757	20.9g	152.2g	8.2g

GENERAL CLINICAL & LIFESTYLE INSTRUCTIONS

- Hydration: Drink minimum 2.5 to 3.0 Liters of filtered water throughout the day.
- Timing: Try to consume meals within 30 minutes of scheduled slot timings.
- Preparation: Use cold-pressed oils or ghee sparingly as prescribed. Avoid deep-fried items and refined sugars.