

*Anaemia-what  
pregnant women  
should know*

**By Andrew Osei-Bimpong**  
MSc. Csci. FIBMS, MIHM  
PGDipMgmt

**Senior Chartered Scientist-  
Tiscanlabs**

**TISCANLABS**  
**HEALTH GUIDE**

Vitamin B12 is needed to make red blood cells and for maintaining healthy nerves, they are crucial ingredients in the DNA, which carries genetic information for new cells. B12 is found in meat and animal products but not in vegetables while folate is present in dark green leafy vegetables such as spinach, and broccoli.

Pregnant women need increased amounts of folate for proper fetal development and it is extremely important that there isn't a lack of these nutrients in the first trimester of pregnancy in order to avoid severe birth defects.

Children who don't get enough folate) can also develop anaemia diarrhoea, weight loss, weakness and irritability.

In adults, a deficiency in B12 can also result in varying degrees of neuropathy, nerve

damage that can cause tingling and numbness in hands and feet and mental changes that range from confusion and irritability to severe dementia.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.