

Tips for Feeling Better When You Are Anemic

1. Get plenty of rest.
2. Avoid overdoing it – have friends come over to visit, talk on the phone, or chat via e-mail.
3. Eat foods high in iron: lean red meat, tofu, dried beans and peas, lentils, white beans, spinach, or cereal high in iron.
4. Pursue your hobbies and activities as you are able. If you are too tired and weak to play basketball, go to the game, cheer with your team, or simply help keep score.
5. Avoid excessive exercise such as heavy weightlifting, or contact sports like football.