

Nutrition Fundamentals

Living Well With Sickle Cell: A Guide to Nutrition

This guide helps sickle cell warriors bring **intentionality** to their diet & nutrition in order to **help support the body in its healing**. By following suggestions in this guide, you can help your body flush out toxins and introduce foods that will help it **strengthen, recover, & rebuild**.

4-STEP QUICK START

Increase drinking water by at least 1 full cup a day

Start a food journal

Add 1 food from the "revive" group to your meals

Remove 1 food from the "detox" group from your meals

REVIVE

Anti-inflammatory

- Green beans
- Beets
- Turmeric
- Dark chocolate

Anti-bacterial

- Yogurt
- African yams
- Green tea
- Tuna

Anti-oxidant

- Raisins
- Blueberries
- Red grapes
- Cherries

Restorative

- Liver
- Beans
- Nuts
- Mango

Hydrating

- Water
- Pure fruit juice
- Coconut water
- Fresh produce

Reduce bone & joint pain, reduce inflammation

Fight infections, boost immune system

Rid the body of toxins

Produce, stabilize, & bring oxygen to red blood cells

Keep red blood cells soft & round, reduces fatigue

DETOX

Continually flush toxins by avoiding:

- Caffeine
- Alcohol
- Dairy
- Gluten
- Sugars

Toxins that build up in your body can cause dehydration, fatigue, longer recovery after crisis, and delayed growth

How much water should you drink every day?

To calculate:

Your weight x .75

120lbs x .75 =
90 oz a day

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For more information on sickle cell disease, please visit www.sickcells.org

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