

Food Guide for People with Favism





What is Favism or G6PD deficiency?

Favism is a genetic disease transmitted from one or both parents to children and causes the patient to be deficient in glucose-6-phosphate dehydrogenase enzyme in the blood. The abbreviation G6PD, is an enzyme in the body that protects red blood cells from rapid damage, break down in certain conditions such as eating certain foods or medications or when infected. This immediate damage to red blood cells leads to severe and sudden anemia.



Foods to be careful to eat:

Legumes in general:

- Fava beans.
- Chickpeas.
- Lentils.
- Beans.
- Soybeans.
- Soy products.
- Lupines.
- Bitter gourd.
- Sweets that contain nuts, peanut butter and hazelnut cream.
- Any food in which bean derivatives or legumes are included.
- Food sources containing vitamin C or vitamin K in large quantities.



Important guidelines:

- Symptoms of this disease may appear one to three days after eating beans or their derivatives.
- A lactating mother should avoid eating foods mentioned earlier if her child has G6PD deficiency.
- The patient should not take any medication without consulting a doctor.
- Read the food label when buying food products to avoid over-consumption of foods containing sulfites to preserve canned foods and cause blood decay if taken in large doses.
- Be aware of menthol found in some canned sweets, candy, mint gum, and mouthwash products, which must be used in moderation.
- Other foods contain precious ingredients (sulfite, menthol), such as processed meats, canned soups, gravy cubes, toffee, and ready-made salad sauce.



Remember:

A person's external appearance does not indicate the disease. A simple laboratory analysis should be done to ensure this deficiency if a family member develops symptoms of the disease.

See your doctor immediately if you notice the following symptoms:

- Yellowing or sudden pallness in the colour of the skin (Jaundice)
- Dark urine color
- Sudden fatigue
- Nausea
- Dizziness
- Rapid heartbeat
- Shortness of breath