



# HAIR FALL– CAUSES – CARE - NUTRITION

## Healthy diet + Healthy lifestyle = Healthy hair

### Why Are YOU Experiencing Hair Fall?

- ✓ Poor nutrition & meal skipping
- ✓ Iron, protein, vitamin D & B12 deficiency
- ✓ Exam stress, anxiety & lack of sleep
- ✓ Junk food & excess screen time
- ✓ Dandruff & poor scalp hygiene
- ✓ Hormonal changes (adolescence, PCOS, thyroid)
- ✓ Excessive use of hair products & heat styling

### Healthy Hair Habits

Sleep 7–8 hours  
Manage stress with exercise/yoga  
Keep scalp clean, avoid harsh chemicals  
Reduce screen time  
Avoid tight hairstyles

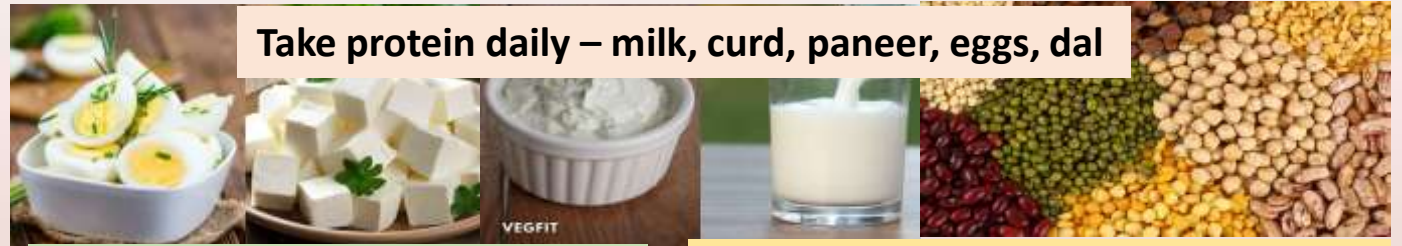
### When to Consult a Doctor/Dietitian

- □ Sudden or excessive hair fall
- □ Hair fall with weakness, fatigue or weight change
- □ Persistent dandruff or itching

**Early care prevents long-term hair problems**

## Nutrition Tips for Healthy Hair

**Take protein daily – milk, curd, paneer, eggs, dal**



**Include green leafy vegetables – iron rich**



**Eat fruits daily – especially citrus & seasonal fruits**



**Add nuts & seeds  
almonds, walnuts, peanuts**



**Choose whole grains & millets**



**Drink 7–8 glasses of water daily**

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