Cultural Dietary Practices and Anaemia Risk The research pointed to nationality as a major determinant in the prevalence of anaemia, with Omani nationals comprising 96.3% of the anaemic cases.- **Community Outreach Programs**: Given that more than half of the anaemic cases occurred outside the capital city, establishing mobile nutrition clinics or engaging community midwives could improve access to specialized dietary support for women in less urbanized regions.Proposed Nutrition-Based Interventions To effectively address anaemia prevalence, tailored interventions are necessary, reflecting the specific demographic and clinical findings of the study: - **Enhanced Screening and Supplementation**: Since pregnancy-related anaemia was found to be relatively rare (4.9% of cases) when chronic diseases were factored out, healthcare providers should focus on more precise diagnostic approaches.These practices may unintentionally exclude iron-rich animal proteins or promote excessive consumption of foods that inhibit iron absorption, such as tea containing tannins.Interventions need to emphasize adherence to Ministry of Health protocols, which recommend routine supplementation with 150 mg of ferrous sulfate and 400 mcg of folic acid starting from the 13th week of pregnancy.Nutritional guidance should prioritize nutrient-rich over calorie-dense options, ensuring that diets fulfill essential micronutrient needs.

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