The purpose of this research is to explore the dietary patterns, challenges and intervention barriers of 470 willing adolescents with SCD and their families who report at the Korle-Bu Teaching and the 37 Military Hospitals in Accra. This study is expected to take a maximum of three meetings and follow-up phone discussions with you within 6 months. We will ask you some few questions about the foods you eat, check your weight and height at regular intervals. On two occasions you will be given specially prepared water, and your saliva will be taken after sometime to enable us know the amount of muscles and fat in your body at the beginning and end of the study. It is approved for use by the Ghana Food and Drugs Authority and the International Atomic Energy Commission not to cause harm to you. We will also use the results of your blood that is taken and analysed during their regular medical check at this clinic. We will also take their sickling type from their medical records. The research will then give you relevant nutrition information that is aimed to help you make appropriate food choices to improve or maintain your health whilst taking your sickle cell status into consideration.