

prevent illness.

Safe preparation of food

- Cleanliness is important to avoid diarrhoea and other illnesses. Keep utensils clean, and always wash hands with soap and water before handling food.
- Cook meat, fish, and eggs until they are well done.
- Wash vegetables, cook immediately for a short time, and eat immediately to preserve nutrients.
- Wash raw fruits and vegetables thoroughly before eating.

Other important tips

- Rest more during the last three months of pregnancy and the first months after delivery.
- Take deworming tablets to treat worms and to help prevent anaemia.
- Do not use alcohol or tobacco products.
- Sleep under an insecticide-treated mosquito net and take anti-malarial tablets as prescribed.

HIV and nutrition

- Take an HIV test to know your HIV status.
- If you are HIV infected, consult your health care provider for care and treatment and how best to feed your baby.
- If you are HIV infected, you need extra food to give you extra energy.
- Practice safe sex by using condoms consistently and correctly. Consult a family planning counsellor.



Ministry of Health



For more information, contact your nearest health centre.

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Nutrition During Pregnancy and Breastfeeding



NUTRITION DURING PREGNANCY AND BREASTFEEDING

Practice good nutrition

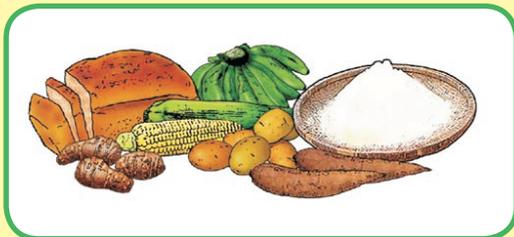
What do you need to know?

- During pregnancy, eat three meals each day plus one extra small meal or “snack” (food taken in between main meals).
- During breastfeeding, eat three meals each day plus two extra small meals or “snacks.
- Eat different types of locally available foods each day.
- No special food is required to produce breastmilk.
- Adolescent mothers: You need more food, extra care and more rest.

Plan a diet from different food groups, consisting of:

Staples

Grains such as maize, rice, millet, sorghum, roots and tubers such as cassava, and potatoes.



Legumes

Beans, peas, bambaranuts, groundnuts, and seeds such as pumpkin.



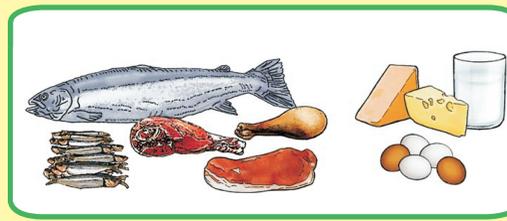
Fruits and vegetables

Vitamin rich fruits and vegetables, such as mango, pawpaw, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potatoes, and pumpkins; other fruits and vegetables such as bananas, pineapples, avocados, watermelons, tomatoes, eggplant, and cabbage.



Animal source foods

Animal-source foods include meat, chicken, fish, liver, eggs, and dairy products, and other small animals.



Oils and fats

Oil seeds, margarine, palm oil, and butter improve the absorption of some vitamin and provide extra energy.



Protect your health

Pregnant women need to:

- Attend antenatal care at least four times during pregnancy.
- Avoid drinking tea or coffee with meals because they interfere with the body's use of food.

What supplements do you need?

- Take iron and folic acid tablets during pregnancy and for at least three months after your baby's birth to prevent anaemia.
- Take iron tablets with meals to increase absorption.
- Always use iodated salt to prevent goiters and to protect against miscarriages and stillbirths. Iodated salt will also help to prevent poor growth and poor brain development in your baby.
- Take vitamin A supplements immediately after birth or within eight weeks after delivery so that your baby receives the vitamin A in your breastmilk to help