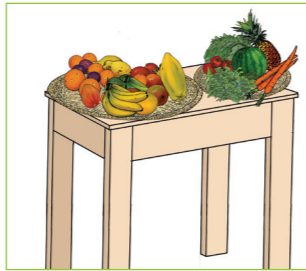




## Safe preparation of food

- \* Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.
- \* Use clean utensils and store foods in a clean place.
- \* 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 before cutting and eating.
- \* Wash your hands with soap and water before preparing foods and after using the toilet and washing baby's bottom.



## Other important tips

- \* Rest more and avoid heavy work, especially during the last three months of pregnancy and the first three months after delivery.
- \* To prevent malaria, sleep under an insecticide-treated mosquito net every night.
- \* In case of fever, seek treatment at the health facility immediately.
- \* Take de-worming tablets to treat worms and help prevent anaemia.
- \* Do not use alcohol, narcotics or tobacco products.

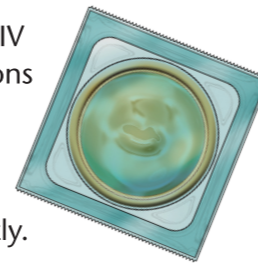


## Nutrition and HIV care

- \* Know your HIV status. To know your HIV status you must take a test.
- \* If you are HIV-infected, consult your health care provider on your care and treatment, and on how best to feed your baby.



- \* If you are HIV-infected, you need extra food to give you extra energy.
- \* Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while you are breastfeeding by practicing safe sex.
- \* Use condoms consistently and correctly. Consult a family planning counsellor.



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# Nutrition During Pregnancy and Breastfeeding



# Practice Good Nutrition

## What you need to know



- \* During your 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 need more food, extra care, and more rest.
- \* Drink plenty of liquids.

# Plan a Balanced Diet



Energy-giving foods including grains such as maize, rice, millet and sorghum and roots and tubers such as cassava and potatoes.



**Body-protecting, vitamin A-rich fruits and vegetables** such as mango, pawpaw, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato, and pumpkin and **other fruits and vegetables** such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage.



**Body-building legumes** such as beans, lentils, peas, groundnuts, and **seeds** such as sesame.



**Body-building animal-source foods** such as meat, chicken, fish, liver, and eggs and dairy products.



Oil and fat such as oil seeds, margarine, ghee, butter, and palm oil improve the absorption of some vitamins and provide extra energy.

# Protect Your Health

## Pregnant and breastfeeding women need to:

- \* Attend antenatal care at least four times during pregnancy, beginning during the first three months.
- \* Drink plenty of clean water every day.
- \* Avoid tea or coffee during pregnancy.



## What supplements do you need?

- \* You need iron and folic acid tablets during pregnancy and for at least three months after your baby's birth.
- \* Take iron tablets with meals to increase absorption.
- \* Always use iodised salt to prevent learning disabilities, delayed development, and poor physical growth in the baby; and goitre in the mother.
- \* Take vitamin A supplements immediately after birth or within six weeks after delivery to ensure that your baby receives the vitamin A in your breastmilk.

