

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

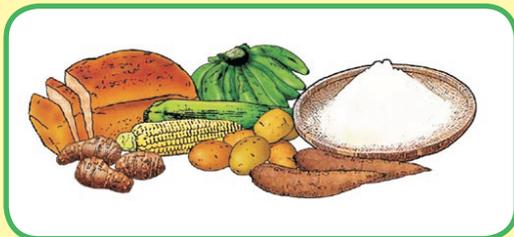
#### What do you need to know?

- 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.



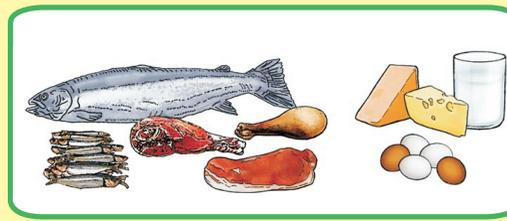
##### Fruits and vegetables

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