

## Safe preparation of food:

- \* Always wash hands with soap and running water before preparing food and eating.
- \* Keep preparation area and utensils clean.
- \* Cook meat, fish and eggs until well done to avoid food poisoning.
- \* To preserve nutrients in vegetables wash before cutting, cook immediately for a short time and eat immediately.
- \* Raw fruits and vegetables should be washed thoroughly before being eaten.



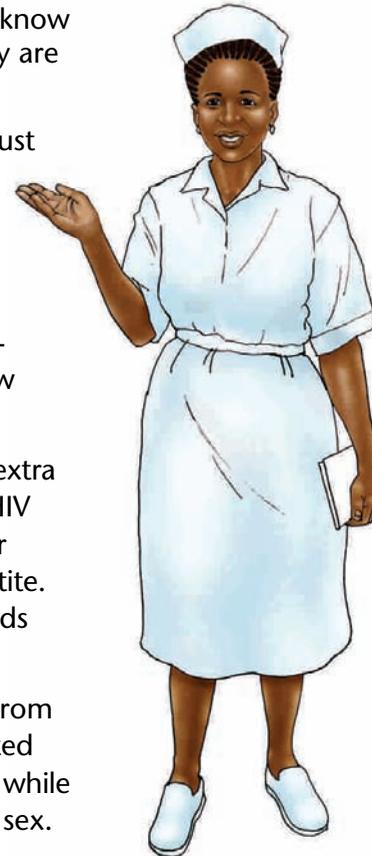
## Other Important Tips

- \* Start antenatal clinic as soon as you suspect you are pregnant to monitor your health and the growth of your baby.
- \* Avoid alcohol, narcotics and use of tobacco products.
- \* Take de-worming tablets to treat worms and prevent anaemia.
- \* Rest during the day especially during the last 3 months of pregnancy and the first months after delivery.
- \* Take anti-malarials and sleep under an insecticide-treated bednet to prevent malaria and anaemia.
- \* It is better to wait about 3 years before getting pregnant again. This allows you to recover from the stress of pregnancy and breastfeeding.



## HIV and Nutrition

- \* It is important for all women to know their HIV status, especially if they are pregnant or breastfeeding.
- \* To know your HIV status, you must take a test.
- \* If you are HIV-positive, you should consult your health care provider for further care and appropriate information on anti-retroviral therapy and about how to feed yourself and your baby.
- \* If you are HIV-positive you need extra food to give you extra energy. HIV puts an additional strain on your body and may reduce your appetite. Eating a variety of nutritious foods is important.
- \* Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while breastfeeding by practising safe sex.



# Nutrition

## During Pregnancy and Breastfeeding

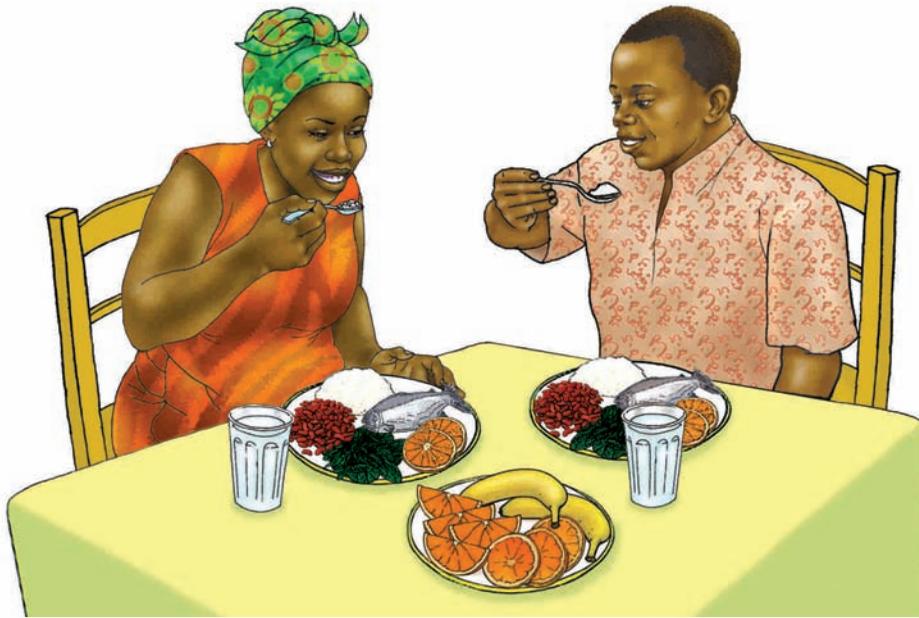


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# Practice Good Nutrition

## Eat a variety of foods:

When you are pregnant or breastfeeding your body needs balanced meals that can be obtained from a variety of foods. Eating different foods each day helps to ensure that you get all of the calories and nutrients that you and your baby need.



## Good nutrition helps you:

- \* Gain at least 12 kg during your pregnancy with an average of 1 kg weight gain per month
- \* Prevent anaemia
- \* Improve the physical and mental development of your baby
- \* Prepare your body for breastfeeding. The energy and nutrients needed during breastfeeding are higher than during pregnancy.
- \* Decrease your chances of having a low birth weight baby, premature delivery or a stillbirth

# Eat Balanced Meals

## How to plan a balanced meal:

Eat at least 3 balanced meals and snacks everyday. Select foods from each of the following groups:



### Cereals, Tubers and Roots

such as: maize, sorghum, rice, millet, wheat, cassava, cooking bananas, sweet potatoes, yams and taro root



### Legumes and Animal Products

such as: beans, peas, ground-nuts, pigeon peas, cow peas, meat, eggs, milk, fish, sardines, chicken and edible insects



### Fruits

such as: mango, banana, papaya, guava, orange, baobab fruit, pineapple, passion fruit, and avocado



### Vegetables

such as: dark green leafy vegetables, okra, carrots, African eggplant, tomatoes, cucumbers, mlenda, pumpkin and eggplant



### Fats and Oils

such as: sunflower oil, coconut milk, red palm oil, oil seeds, margarine and butter

Oil and fat added to vegetables and other food improve the absorption of some vitamins and provide extra energy.

# Protect Your Health

## Pregnant and breast-feeding women need to:

- \* Eat more during meal times or eat small frequent meals
- \* Eat snacks in between meals
- \* Eat plenty of fruits and vegetables with every meal
- \* Drink enough water everyday (8 glasses or 1.5 litre)
- \* Avoid taking tea or coffee with meals because they interfere with iron absorption and contribute to anaemia. It's better to drink tea or coffee an hour before or after a meal.



## What supplements do you need?

- \* Throughout your pregnancy and until 3 months after your baby is born you will need iron and folic acid tablets to prevent anaemia. It is better to take iron tablets with meals to increase absorption and to decrease potential side effects such as nausea.
- \* Always use iodized salt to prevent iodine deficiency.
- \* Take vitamin A supplements immediately after delivery or within 4-6 weeks as recommended by your health care provider. This will help to build your baby's immune system.
- \* Always follow your health care providers' recommendations.

