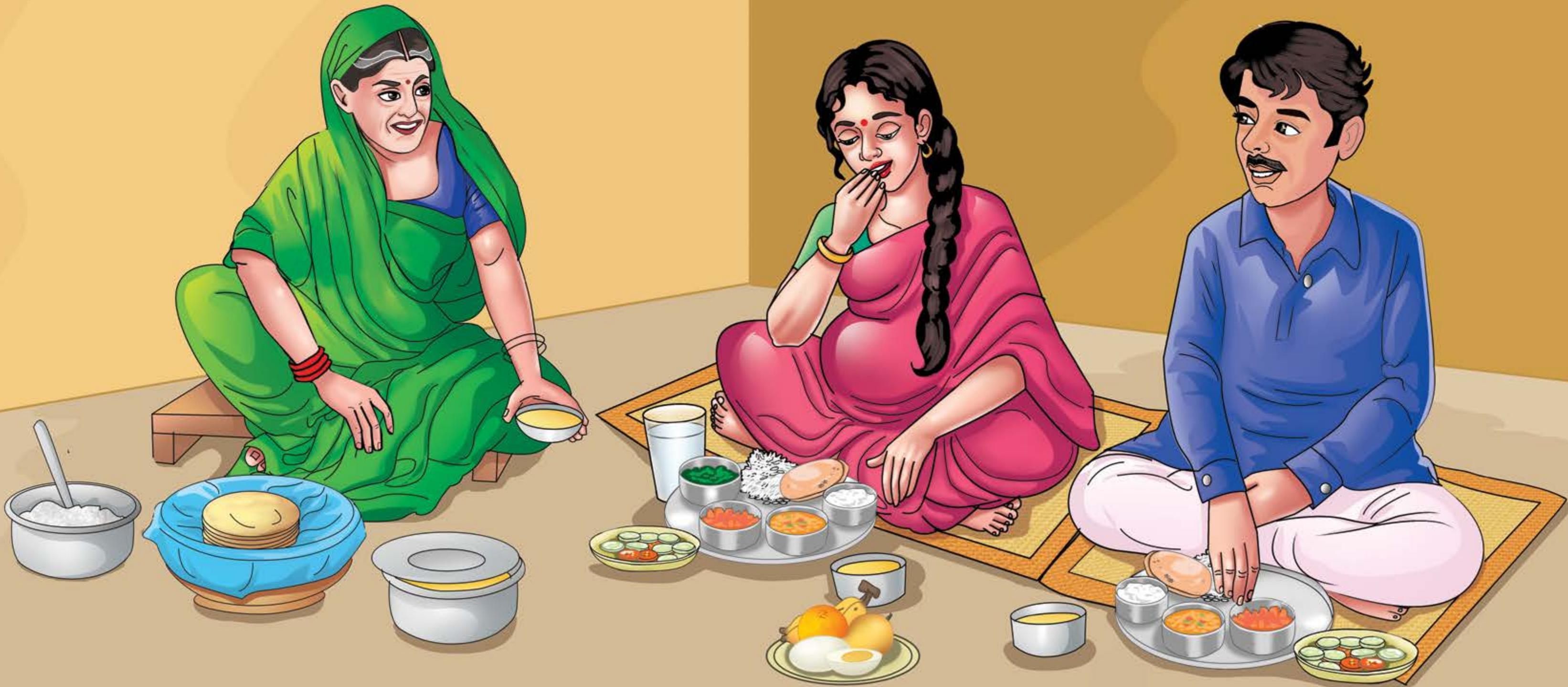


For a healthy future of family and community

Nutrition for pregnant and lactating women



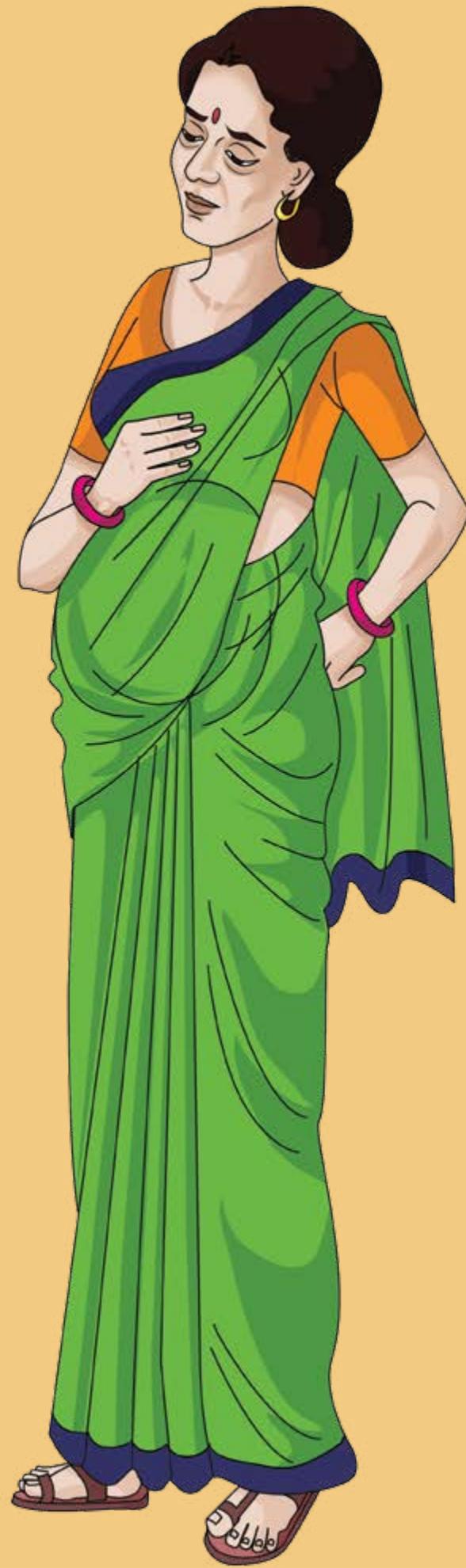
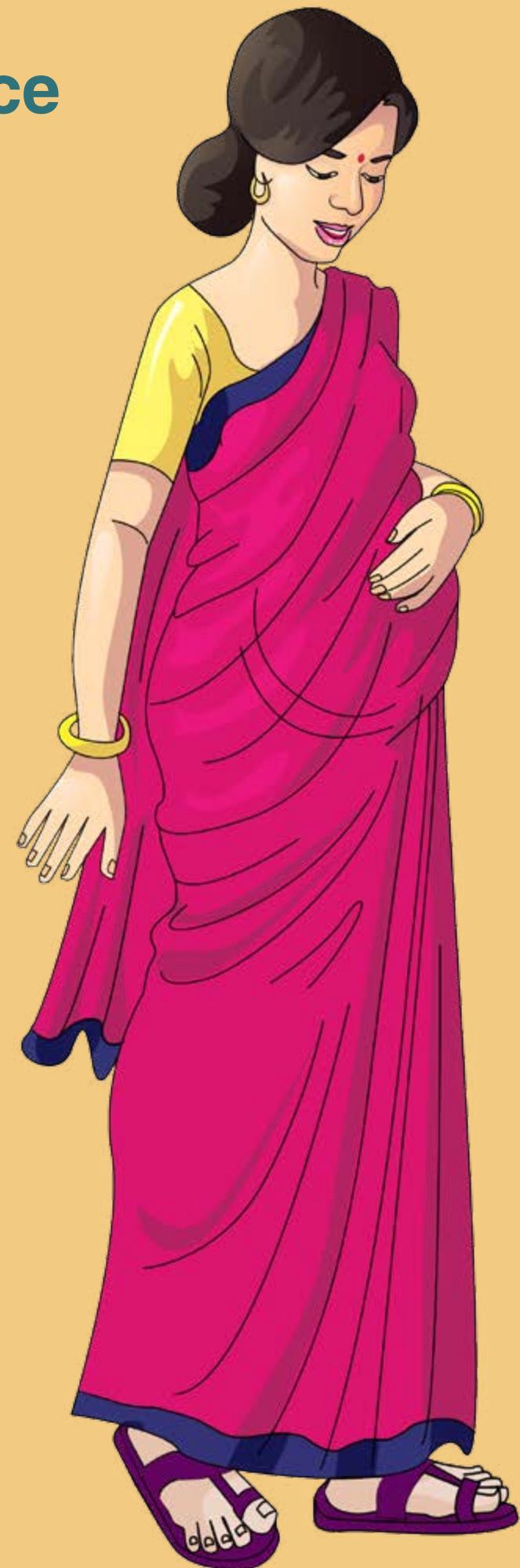
Read the questions carefully and discuss them

- Why a balanced diet and proper nutrition important for pregnant woman?
- Some pregnant women are healthier than other. They don't face any difficulty during delivery and delivers healthy babies, why?

Post discussion, inform everyone while encouraging them

- Now, we will discuss about adequate diet and nutrition practices among pregnant and lactating women. We will learn and instil this habit together to make our family healthy, beautiful, happy and playful.

Spot the difference



A1

Remember golden rules for pregnant women nutrition

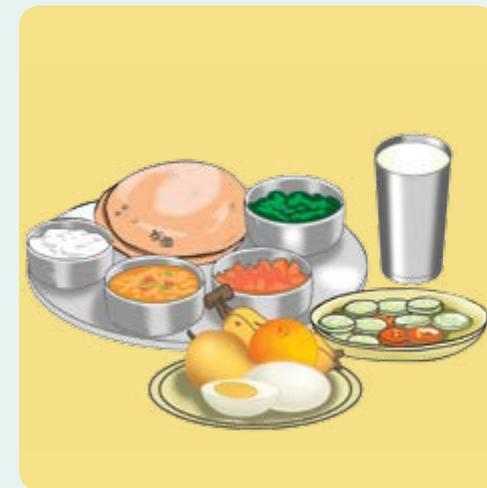
Remind the pregnant woman about golden rules for nutrition. Ask her to

1



- Consume one food item from each of the 5 recommended food groups, with Roti/Rice daily, as shown in the image.
- Vegetarian family must increase the intake of milk or milk products, instead of egg/meat in their daily diet.

2



- Consume adequate amount of diet as per trimester during pregnancy.

3



- From 4th month of pregnancy, consume 1 IFA tablet daily, with water/lime juice before sleeping at night.
- Consume 180 IFA tablets starting from 4th month of pregnancy till birth of child.
- Continue taking 1 IFA tablet daily for 6 months after birth of child.

4



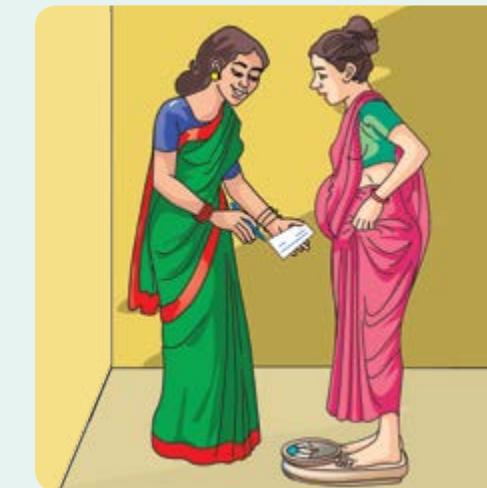
- From 4th month of pregnancy till birth of child, consume 2 calcium tablets daily.
- Continue taking 2 calcium tablets daily for 6 months after birth of child.
- Consume the 1 calcium tablet after breakfast and 1 tablet after lunch.

5



- Wash your hands with soap
 - » After using toilet.
 - » Every time before cooking and eating
- Don't walk bare foot.
- Ensure cleanliness of food items
 - » Wash fruits and vegetables before consumption
 - » Cover drinking water properly
- Do not defecate in open. Use hygienic household toilet.

6



- Go for regular A.N.C. (Ante-Natal check-ups), monitor weight and get it registered in Mother-Child Protection Card.
- Gain 1.5-2 kgs weight every month, from the fourth month of pregnancy.
- Gain 10-12 kgs weight from pregnancy till delivery.

Remember the golden rules for pregnant woman's nutrition

1



2



3



4



5



6



- Consume one food item from each of 5 recommended food groups with Roti/ Rice, daily as shown in the image.

- Consume adequate quantity of diet as per trimester during pregnancy.

- From 4th month of pregnancy, take 1 IFA tablet daily, with water/lime juice before sleeping at night.

- From 4th month of pregnancy, take 2 calcium tablets daily.

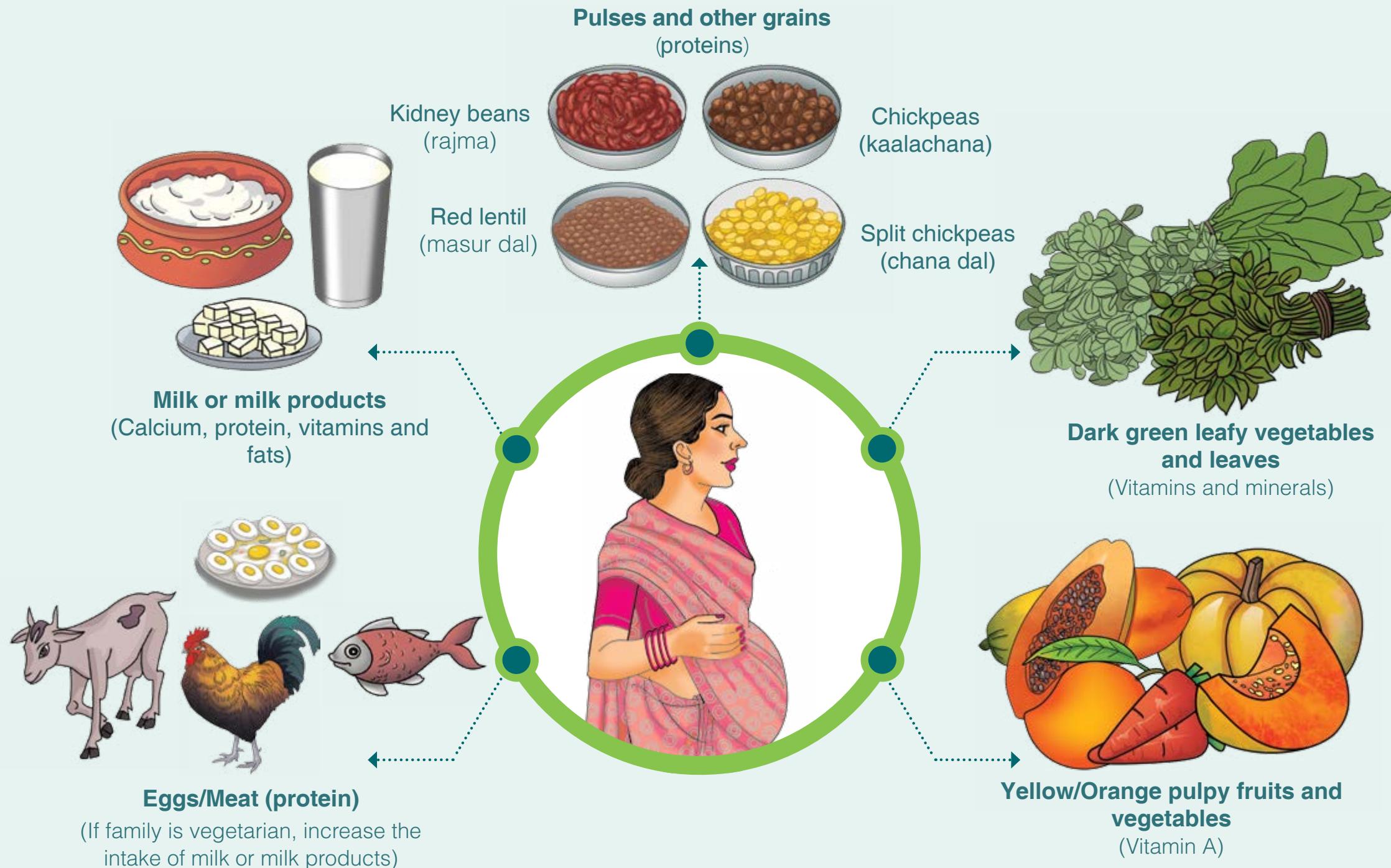
- Maintain proper hygiene

- Monitor weight gain on regular basis.

Consume one item daily from each of 5 food groups, with Roti/Rice

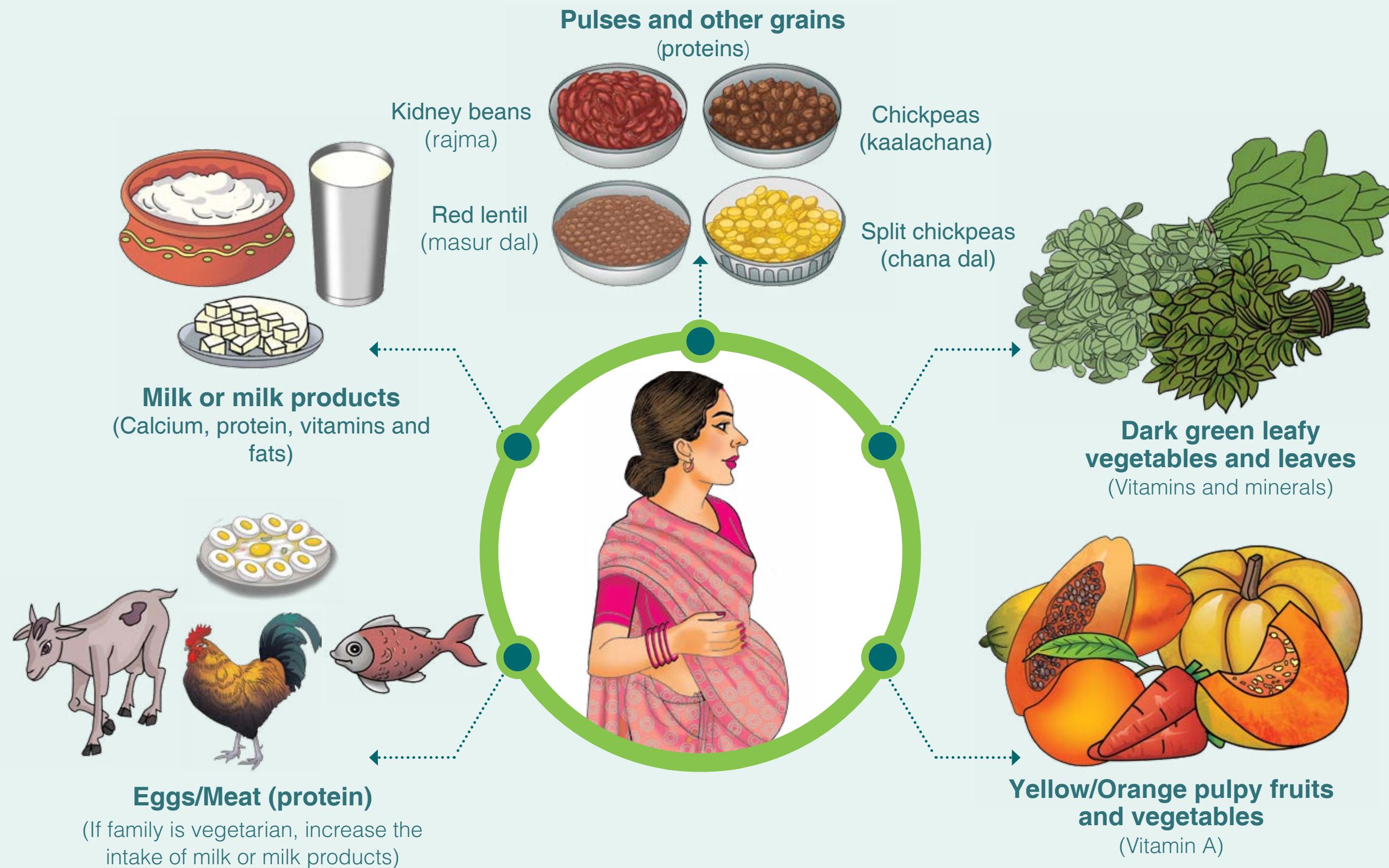
Pregnant and lactating women should consume at least one food item from each of the 5 food groups daily along with roti/rice

- Ask the pregnant woman what all has she eaten yesterday?
- Brief the importance of the food groups shown.
- Ask the woman to include 1 or 2 items out of 5 recommended food groups she missed consuming in her meals yesterday.
- Before leaving the house, remind the pregnant woman about the importance of 5 food groups in daily meal for good health of pregnant woman and the unborn child.



Consume one item daily from each of 5 food groups, with Roti/Rice

Pregnant and lactating women should consume at least one food item from each of the 5 food groups daily along with roti/rice



Pregnant and lactating women should increase their meal intake as per need

Ask the pregnant women about the month of pregnancy. Inform her about the adequate daily diet intake as per trimester. Ask the lactating women, about the daily diet intake.

1st trimester

(1, 2, 3 months)

Eat at least 2 full meals a day

1st trimester (1,2,3 months)



Meal



Meal

2nd trimester

(4, 5, 6 months)

Eat at least 3 full meals a day

2nd trimester (4,5,6 months)



Meal



Meal



Meal

3rd trimester

(7, 8, 9 months)

Eat at least 3 full meals and 2 nutritious snacks a day

3rd trimester (7,8,9 months)



Nutritious snack



Meal



Nutritious snack



Meal



Meal

Lactating women

Eat at least 3 full meals and 3 nutritious snacks a day

Lactating women



Nutritious snack



Meal



Nutritious snack



Meal



Nutritious snack



Meal

Pregnant and lactating women should increase their meal intake as per need

1st trimester

(1,2,3 months)



Meal



Meal

2nd trimester

(4,5,6 months)



Meal



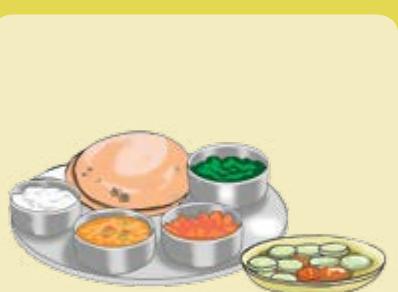
Meal

3rd trimester

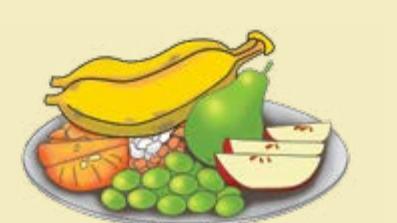
(7,8,9 months)



Nutritious snack



Meal



Nutritious snack



Meal



Meal

Lactating women



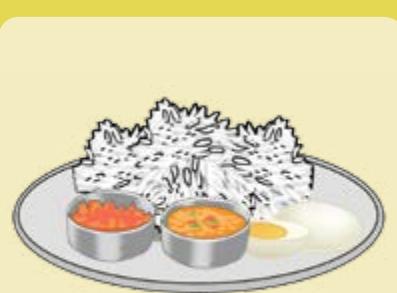
Nutritious snack



Meal



Nutritious snack



Meal



Nutritious snack



Meal

Consumption of iron (IFA) tablets

Ask the pregnant woman if she is taking the iron tablets regularly. Remind her:

Benefits:

- ◎ Consumption of IFA tablet reduce anemia and decreases other difficulties during pregnancy.
- ◎ It helps in cognitive development of unborn child (foetus)

What to do:

- ◎ From 4th month of pregnancy, consume 1 IFA tablet with water or lime juice, before sleeping at night daily.
- ◎ Consume 180 tablets from the 4th month of pregnancy till the time of delivery
- ◎ Continue consumption of 1 IFA tablet daily for 6 months after birth of child.

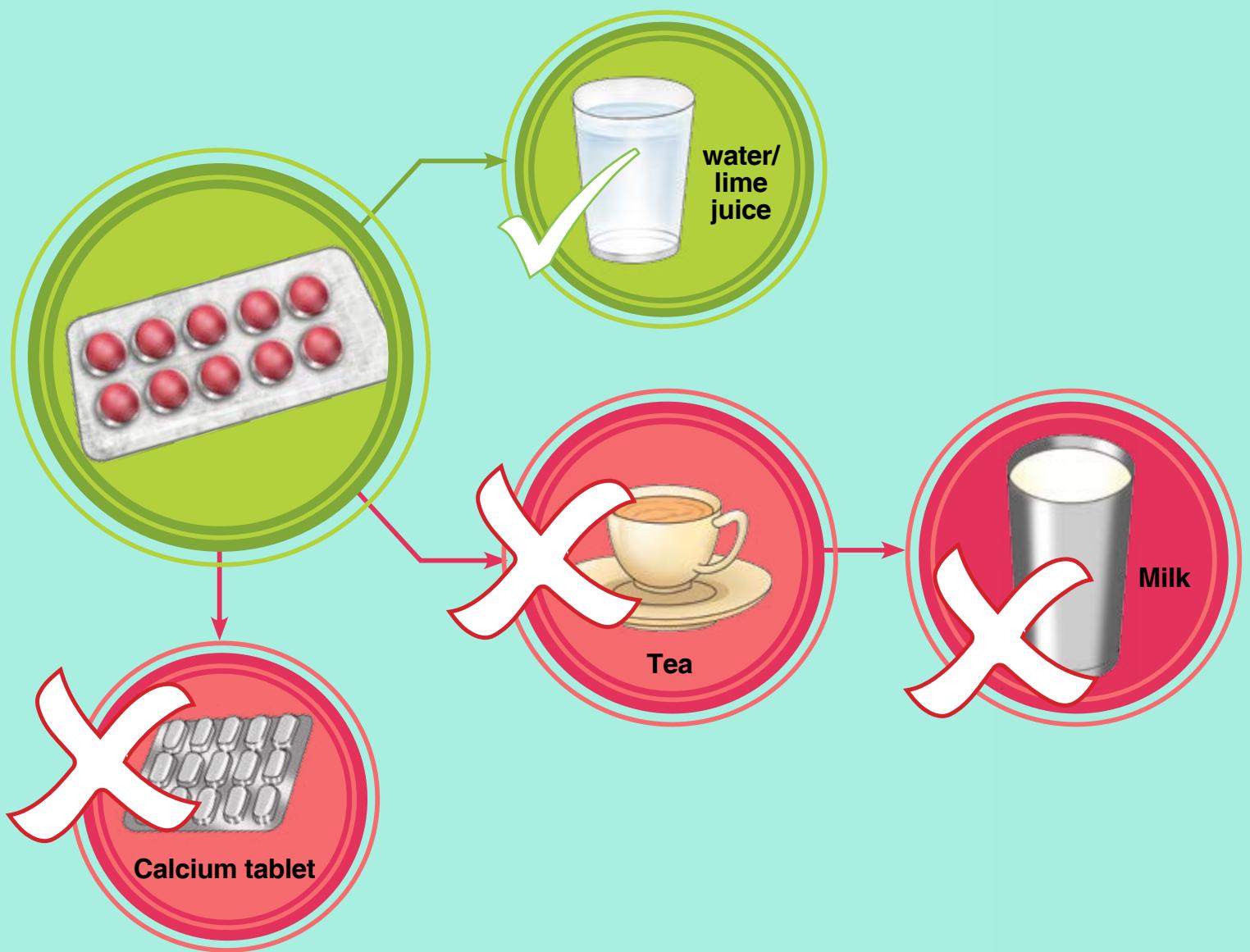
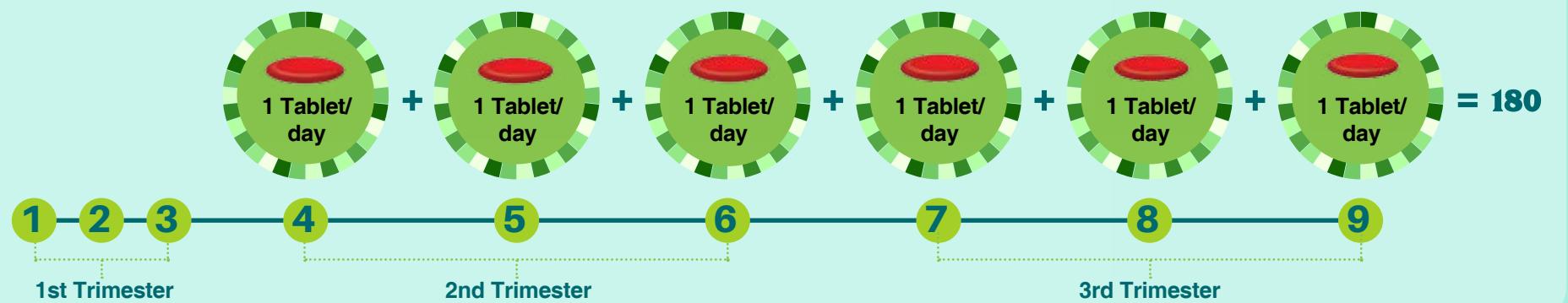
What not to do:

- ◎ Do not take it with tea or milk.
- ◎ Do not take it with calcium tablets
- ◎ Do not drink tea/coffee 1 hour before or after taking the tablets.
- ◎ IFA tablets are freely available at health centres or from ASHA, A.N.M and Anganwadi workers.



Consumption of iron tablets

Pregnant woman



Consumption of Calcium tablets

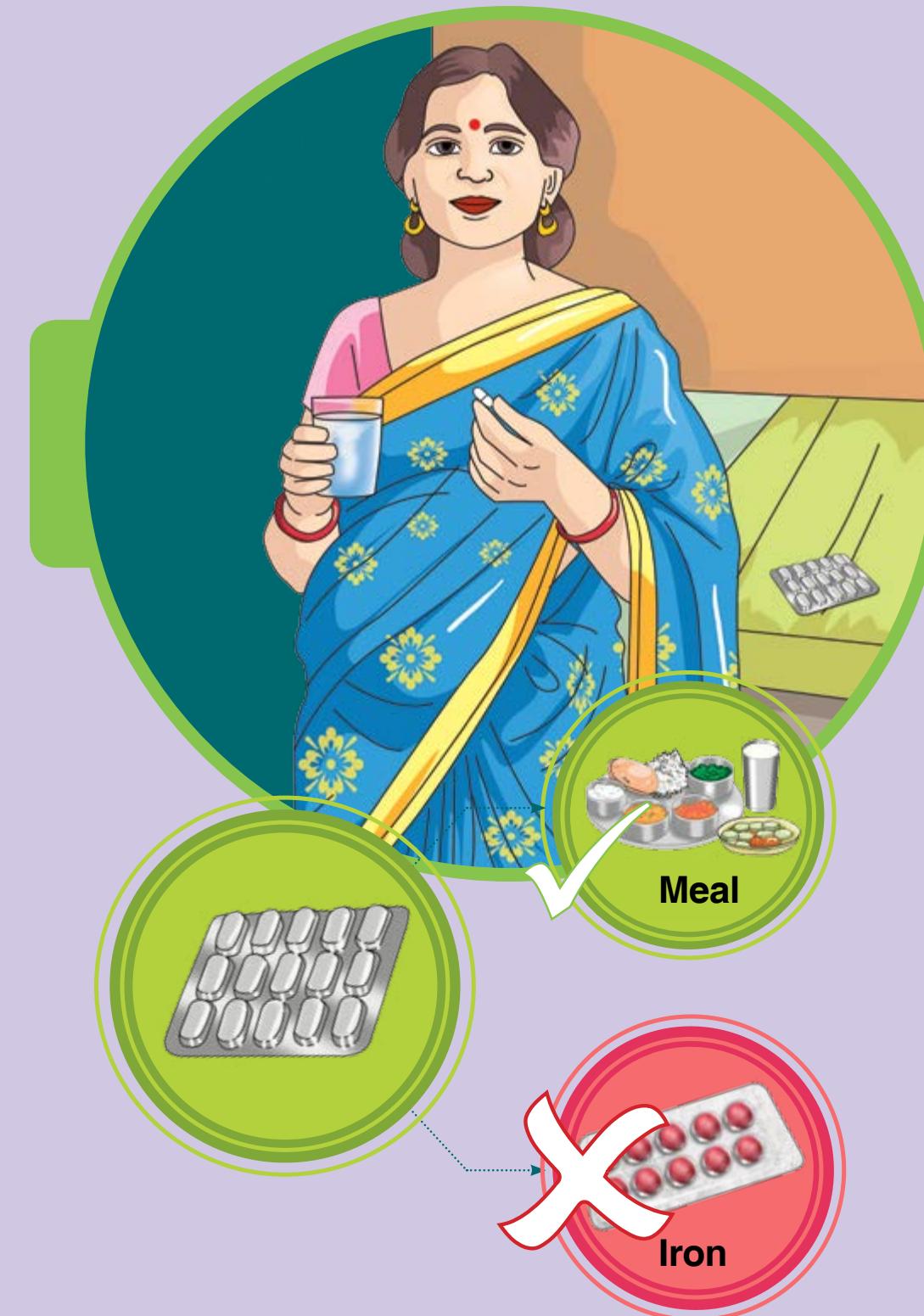
Consumption of calcium reduce the risk of pre-eclampsia/eclampsia (blood pressure, haziness or unconsciousness, etc) during pregnancy and delivery. Remind her:

What to do:

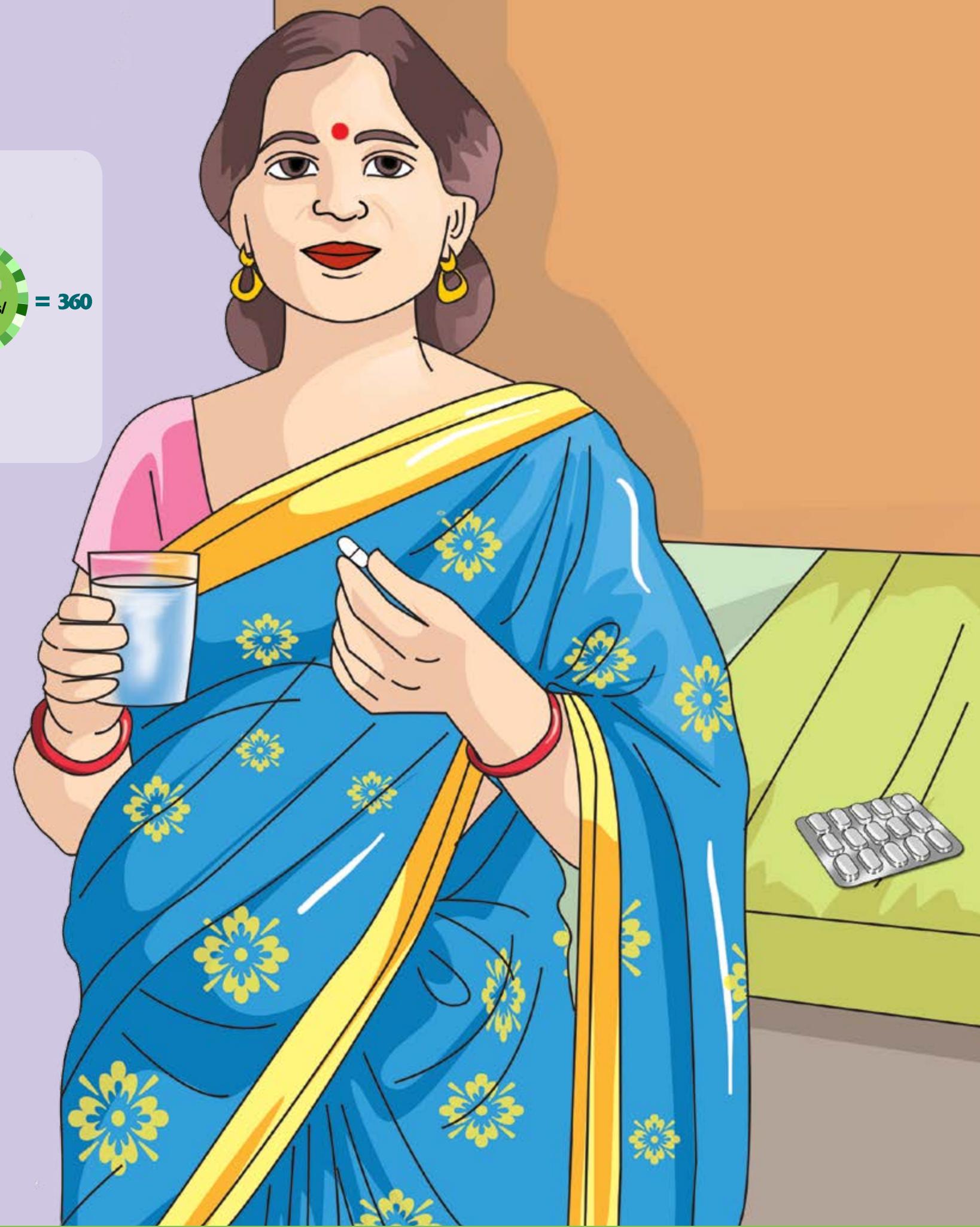
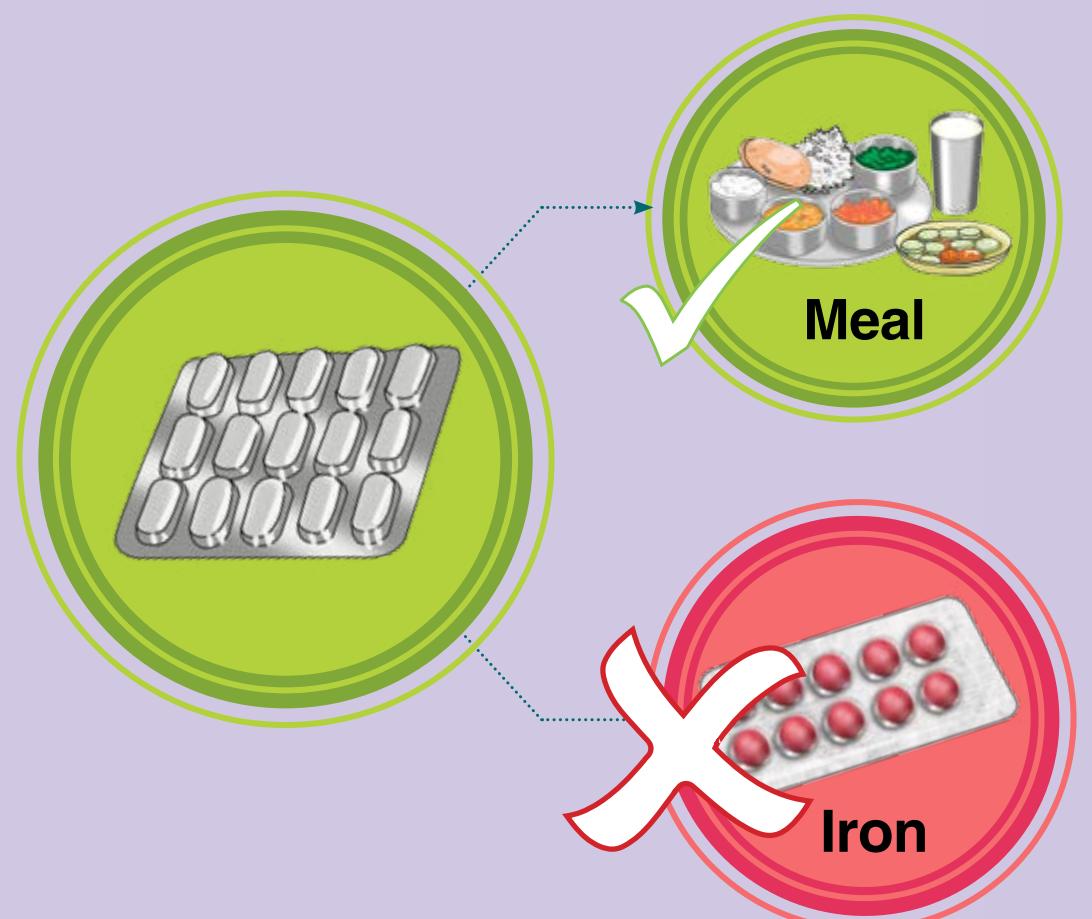
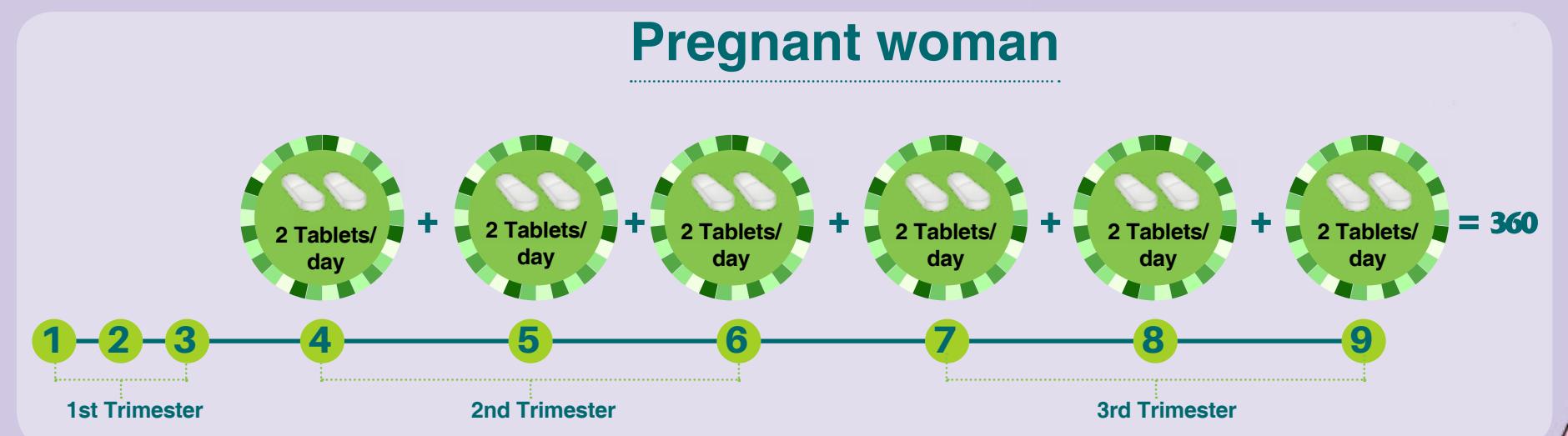
- ⦿ From 4th month of pregnancy, consume 2 calcium tablets daily.
- ⦿ Continue consumption of 2 calcium tablets daily for 6 months after birth of child.
- ⦿ Consume the first calcium tablet after breakfast and the second tablet after lunch.

What not to do:

- ⦿ Do not take it on empty stomach.
- ⦿ Do not take it with iron tablets



Consumption of Calcium tablets



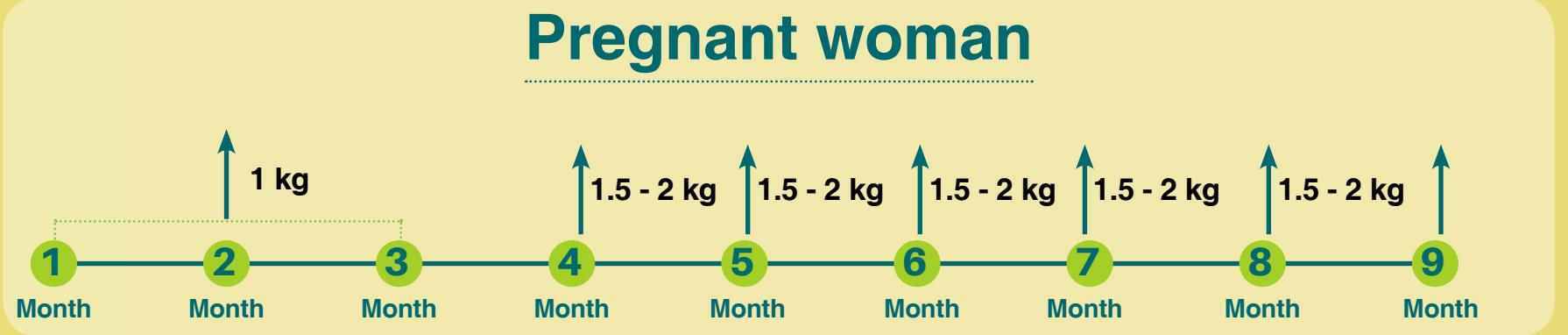
Weight of pregnant woman

Ask the pregnant woman when the last time she measured her weight! Remind her to:

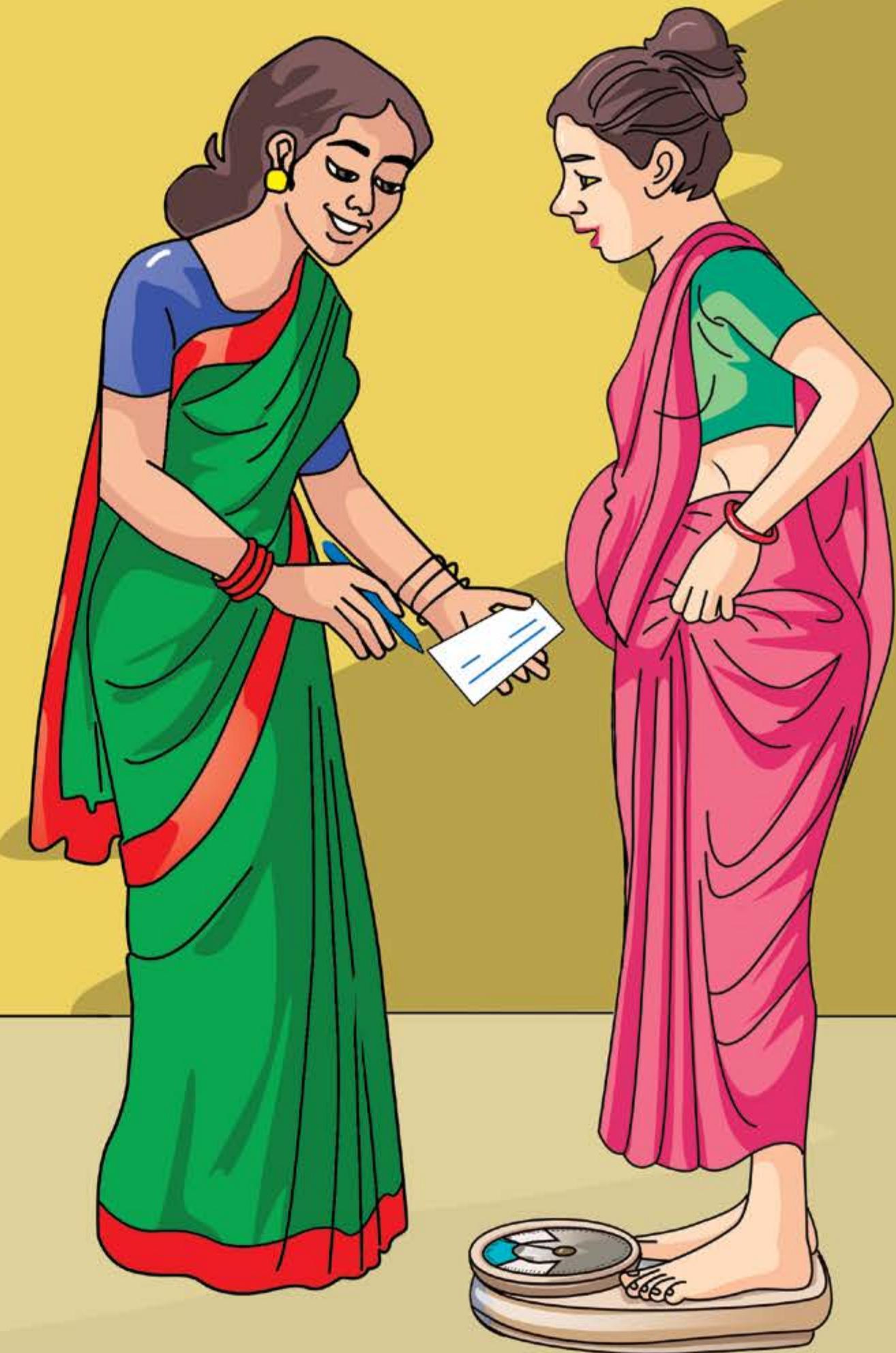
- ◎ For the good health of the mother and unborn child, it is important to regularly monitor weight during pregnancy
- ◎ Go for regular A.N.C. (Ante-Natal check-ups), monitor weight and get it registered in Mother-Child Protection Card. Weight gain shows the healthy growth of unborn baby (foetus)
- ◎ Normally in the first trimester, the woman should gain 1 kg weight every month, and from 4th month onwards she should gain 1.5-2 kg weight every month
- ◎ A woman should gain 10-12 kgs of weight from pregnancy till birth of child.
- ◎ Take medicine for deworming (one tablet of Albendazole of 400 mg) in the 2nd trimester of pregnancy.



Weight of pregnant woman



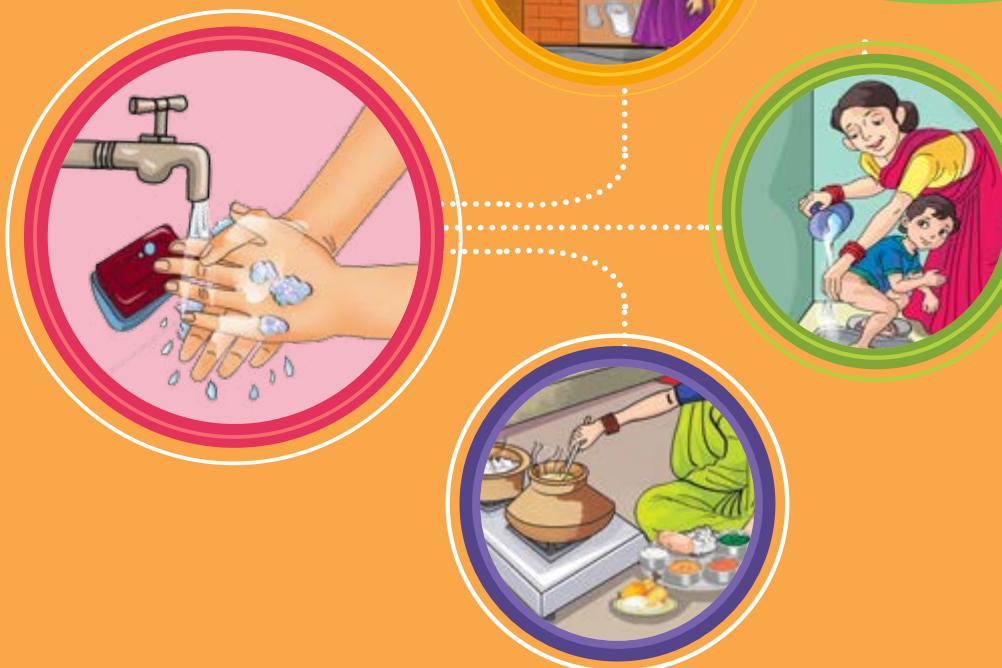
Take deworming medication in the 2nd trimester



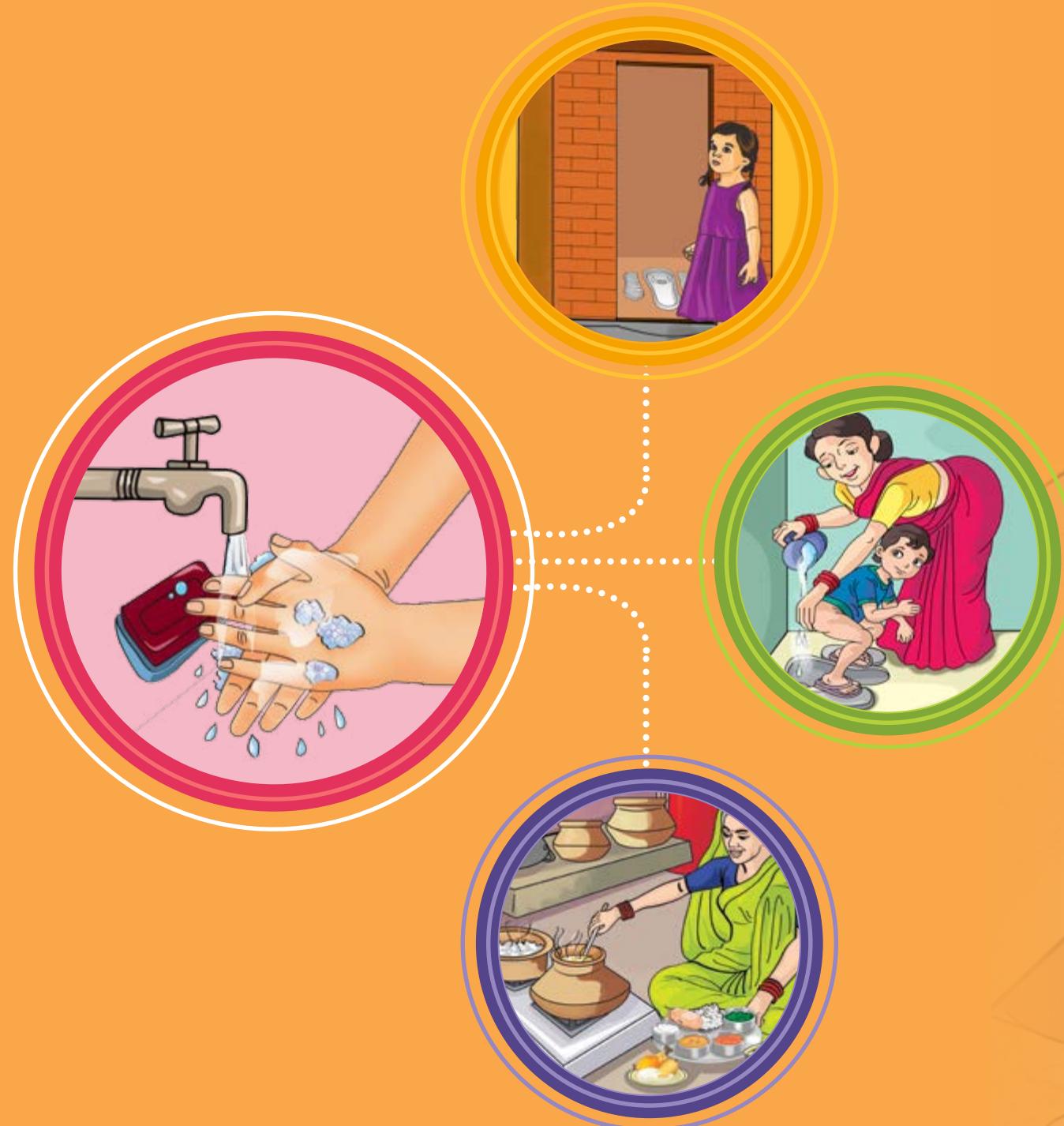
Necessary hygiene practices

Ask the pregnant woman whether she follows necessary hygiene practices or not:

- Wash hands with soap
 - After using toilet.
 - Every time before cooking and eating
- Do not walk bare foot
- Ensure cleanliness of food items
 - Wash fruits and vegetables before consumption
 - Cover the drinking water properly
- Do not defecate in the open. Use household toilets only.



Necessary hygiene practices



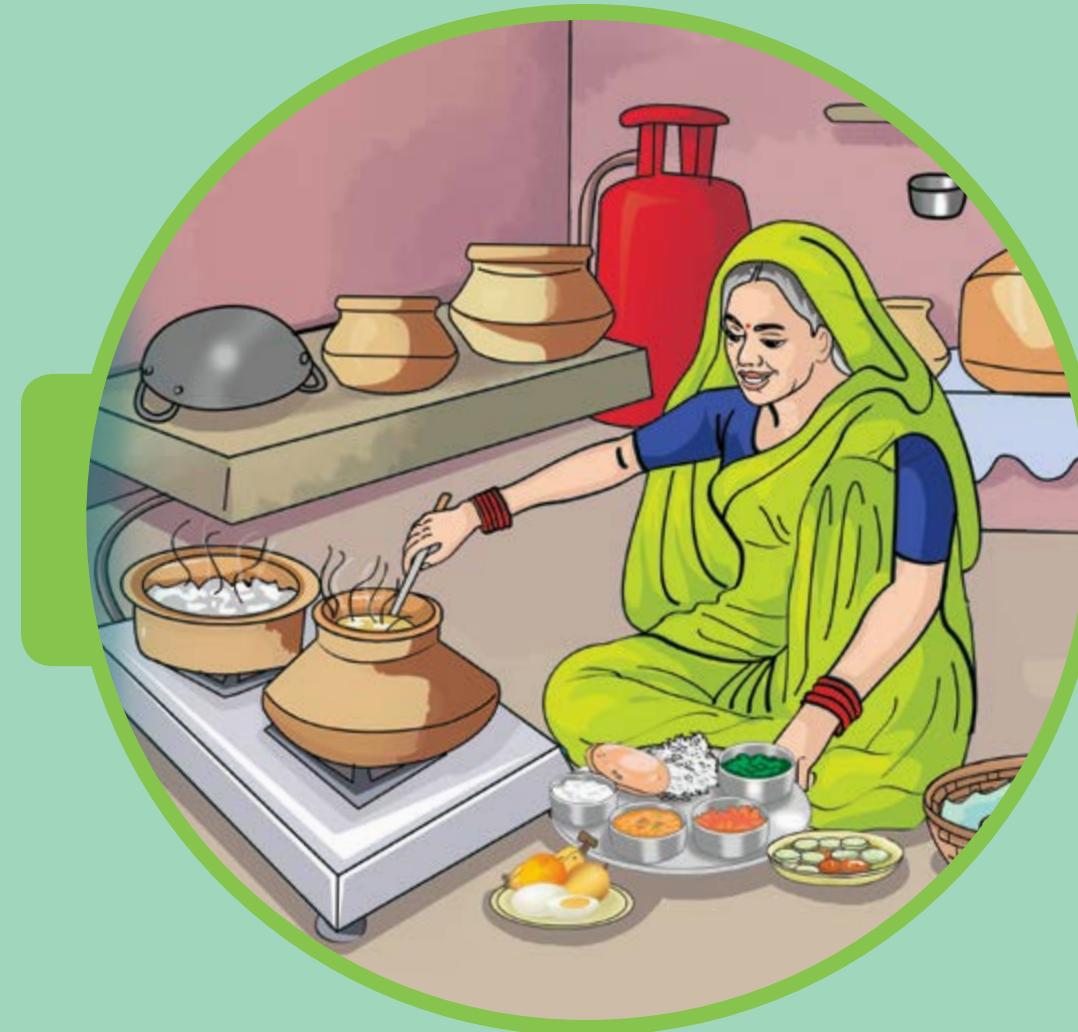
Husband and mother-in-law's responsibilities

Husband should ensure availability

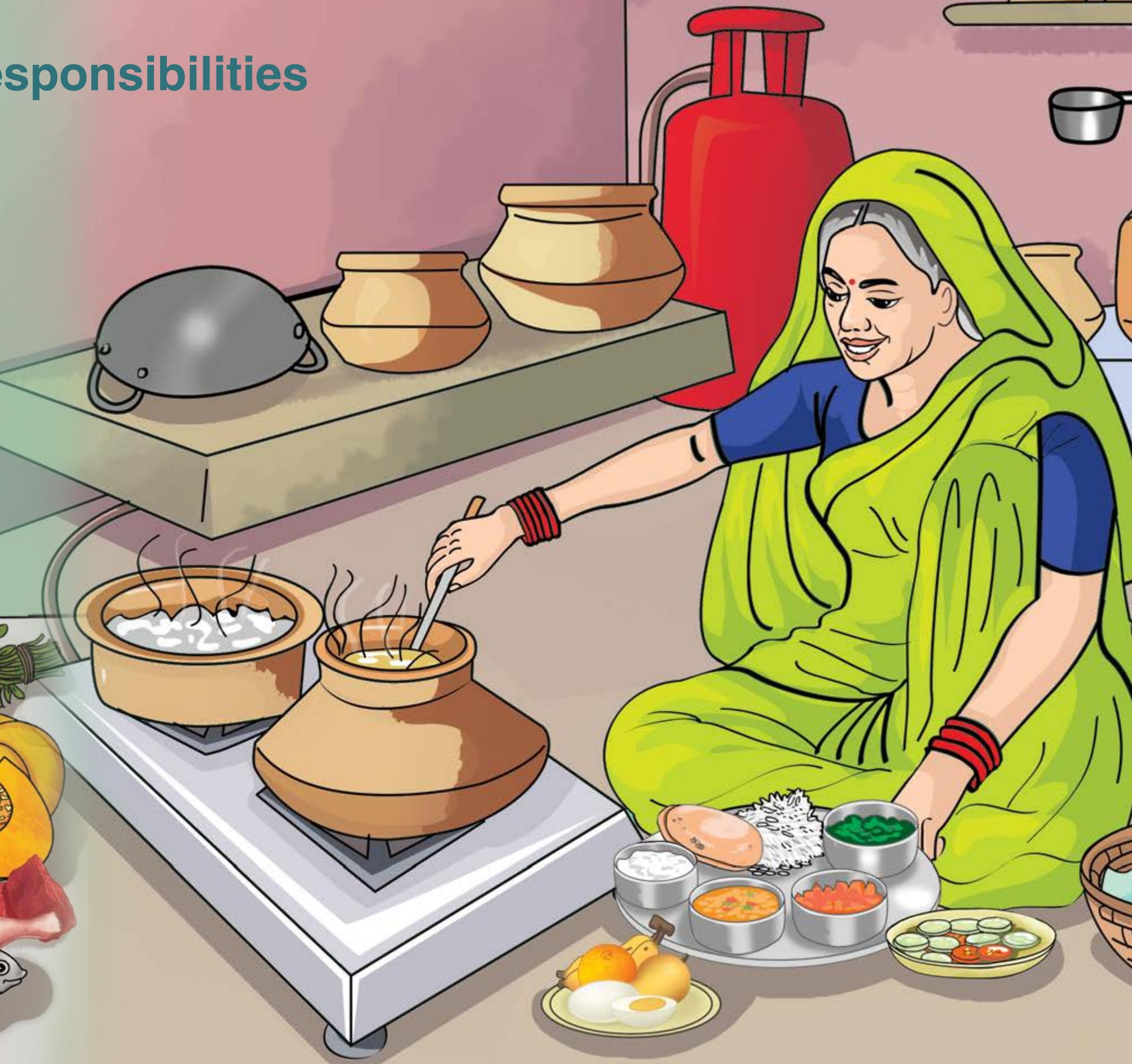
- ◎ 5 diverse, nutrient rich and locally available recommended foods with Roti/Rice for daily consumption
- ◎ IFA and calcium tablets
- ◎ Accompany her for regular A.N.C. (Ante-Natal check-ups), monitor weight and get it registered in Mother-Child Protection Card.
- ◎ Ensure that pregnant and lactating woman washes hands with soap regularly.

Mother-in-law's responsibilities

- ◎ Remind daughter-in-law to consume one item daily from each of 5 recommended food groups with Roti/Rice. If the family is non-vegetarian, eat eggs or meat several times a week.
- ◎ Consume 1 IFA tablet and 2 calcium tablets daily.
- ◎ Monitor your weight regularly during ANC.
- ◎ Wash hands with soap regularly.



Husband and mother-in-law's responsibilities





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