GOOD NUTRITION DURING PREGNANCY AND BREASTFEEDING

**PROTECT YOUR OWN HEALTH, PROTECT YOUR BABY’S HEALTH**

- During pregnancy, attend antenatal care at least eight times, beginning during the first three months.
- Drink clean water every day throughout the day.
- Throughout pregnancy, maintain walking and light exercise.
- Avoid carrying heavy loads in the second and third trimester of pregnancy (months 4-9 of pregnancy).
- Rest more and avoid stress during the third trimester of pregnancy and during the first three months after delivering your baby.
- Consume only iodised salt to prevent goitres and delayed development of your baby.

**PRACTICE GOOD HANDWASHING AND HYGIENE TO AVOID ILLNESS IN YOU AND YOUR BABY**

- Wash your hands with soap and then rinse with or under running water:
  - After using the toilet
  - After cleaning your baby’s bottom
  - Before preparing food
  - Before eating food or feeding baby
- Thoroughly wash your raw fruits and vegetables before cutting and eating.
- Wash dishes and utensils and store in dry clean place.

**KEY POINTS TO REMEMBER**

- Take deworming tablet during 2nd trimester of pregnancy.
- Albendazole tablet

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THERE ARE MANY REASONS WHY MOTHERS SHOULD PRACTICE GOOD NUTRITION

Pregnant and breastfeeding women need to eat more than usual

1st TRIMESTER (MONTHS 1, 2, 3 OF PREGNANCY)
- Eat one extra portion of food

2nd TRIMESTER (MONTHS 4, 5, 6, OF PREGNANCY)
- Eat two extra portions of food at each meal
- Eat 1-2 healthy snacks between meals or before sleeping

3rd TRIMESTER (MONTHS 7, 8, 9, OF PREGNANCY)
- Eat one extra meal
- Eat 2-3 healthy snacks

BREASTFEEDING WOMEN
- Eat two extra portions of food at each meal
- Eat 3-4 healthy snacks

Examples of healthy snacks include boiled egg, glass of milk, cup of yoghurt, fruit or vegetable, handful of groundnuts.

EAT AT LEAST ONE FOOD FROM 5 DIFFERENT NUTRIENT-RICH FOOD GROUPS EACH DAY

1. BODY-BUILDING ANIMAL SOURCE FOODS
   - Meat, chicken, fish, liver, eggs and dairy products

2. ENERGY-GIVING FOODS
   - Grains, roots and tubers

3. VITAMIN A-RICH FRUITS AND VEGETABLES
   - Yellow and orange fruits and vegetables, green leafy vegetables

4. BODY-BUILDING LEGUMES
   - Beans, lentils, peas, groundnuts and sesame seeds

5. OIL AND FAT SOURCES
   - Margarine, butter, palm oil and palm seeds

Throughout pregnancy, avoid fried and salty chips, sweets, biscuits, sweetened beverages, tobacco or alcohol, tea or coffee products and other ultra-processed foods.

WHAT TO DO
- Take one iron folic acid (IFA) tablet or one Multiple Micronutrient Supplement (MMS) each day during pregnancy.
- After delivery, take one IFA tablet or one MMS supplement each day for at least three months.
- Take IFA or MMS during mealtime.
- Try to take IFA or MMS at the same time each day so as not to forget.
- Drink extra water when taking IFA or MMS.

WHAT NOT TO DO
- Do not take both IFA and MMS at the same time.
- Do not take IFA or MMS with tea or coffee.
- Avoid drinking tea or coffee for one hour before and after taking IFA or MMS.
- Do not take IFA or MMS with calcium tablets.

Visit the nearest healthcare centre for your nutritional services, care and support during pregnancy and breastfeeding.