Nutrition for pregnant and lactating women – Key points to remember

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

Pregnant and lactating women should increase the intake as per need

1. 1st trimester (1, 2, 3 month)
2. 2nd trimester (4, 5, 6 month)
3. 3rd trimester (7, 8, 9 month)
4. Lactating women

Pregnant women should remember:

1. From 4th month of pregnancy till delivery, consume 1 IFA tablet with water or lime juice, before sleeping at night. Don’t take it with milk or tea.
2. From 4th month of pregnancy till delivery, consume 1 calcium tablet after breakfast and 1 after lunch. Don’t take it empty stomach or with IFA tablet.
3. Monitor weight and get it registered in Mother-Child Protection Card. Weight should increase by 1.5–2 kgs per month from 4th month of pregnancy.

Lactating women should remember:

1. Breastfeed the new-born (within 1 hour after birth). Don’t give honey, jann-ghutti, water, cow or goat’s milk.
2. From birth till the child completes 6 months, take 1 IFA tablet and 2 calcium tablets daily.
3. Exclusively breastfeed the child till he/she turns 6 months. Don’t feed anything else, not even a drop of water.

Necessary hygiene practices:

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

Consult/call ASHA, Anganwadi or A.N.M. immediately for health-related assistance during pregnancy.
Phono number:
ASHA __________________________
Anganwadi ________________________
A.N.M ___________________________

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