

# 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

<b>1<sup>st</sup> trimester</b> (1, 2, 3 month)						
<b>2<sup>nd</sup> trimester</b> (4, 5, 6 month)						
<b>3<sup>rd</sup> trimester</b> (7, 8, 9 month)						
<b>Lactating women</b>						

**Husband and mother-in-law must ensure:**

- Pregnant and lactating women get daily intake of nutritious food and snacks.
- Take 1 tablet of IFA and 2 tablets of calcium daily.
- Go for regular A.N.C. (Ante-Natal check-ups), monitor weight and get it registered in Mother-Child Protection Card.

## Pregnant women should remember:

- From 4<sup>th</sup> 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.
- From 4<sup>th</sup> 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.
- Monitor weight and get it registered in Mother-Child Protection Card. Weight should increase by 1.5–2 kgs per month from 4<sup>th</sup> month of pregnancy.

## Lactating women should remember:

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

Monthly report		Number of tablets consumed	
Month	Weight	Iron	Calcium
4 <sup>th</sup>			
5 <sup>th</sup>			
6 <sup>th</sup>			
7 <sup>th</sup>			
8 <sup>th</sup>			
9 <sup>th</sup>			

- 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 \_\_\_\_\_