**Husband and mother-in-law’s responsibilities**

- Husband should ensure availability of:
  - 5 diverse, nutrient rich food with Roti/Rice for daily consumption.
  - IFA and Calcium tablets
  - Accompany her for regular check-ups, and get her weight measured and recorded in the Mother-Child Protection Card.
  - Ensure that pregnant and lactating woman washes hands with soap regularly.

- Mother-in-law to remind Daughter-in-law:
  - 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.
  - Measure the weight regularly during ANC check ups.
  - Wash hands with soap regularly.

**Necessary hygiene practices:**

- Wash hands with soap:
  - After using toilet
  - Every time before preparing food and eating the food

- Don’t walk bare foot.

- Ensure cleanliness of food items:
  - Wash the fruits and vegetables before using it.
  - Cover the drinking water properly.
  - Do not defecate in the open. Use household toilet.

**How and when to use this Job ad:**

- This card contains necessary information about nutrition behaviours and practices for pregnant and lactating women
  - Ensure adoption and practices of these behaviour for safe motherhood and optimal physical and cognitive development of the unborn child (foetus)
  - Use the information given in this job aid for counselling
  - Engage husband and mother-in-law during counselling of pregnant woman
  - Consultations and counselling can also be provided during V.H.S. N.D (Village Health, Sanitation and Nutrition Day), T.H.R. day, home visit or similar occasions.

**Golden rules:**

- Along with chappati or rice, consume at least 5 diverse, nutrient rich food items in your daily meal
- From 4th monthly of pregnancy, consume 1 IFA tablet and 2 calcium tablets daily
- Regular ANC check-ups and weight measurement recorded in Mother Child Protection Card.
- Consume adequate, diverse, and nutrient rich diet as per trimester during pregnancy.
- Wash hands every time before preparing and eating the food
Benefits of healthy nutrition for pregnant and lactating women

1. Safe delivery
2. Decrease the chances of death during delivery and post delivery
3. Optimal physical and cognitive development of the infant

Consume 5 diverse and nutrient rich food items (Along with chappati or rice) in your daily meal

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

1st trimester (1, 2, 3 months)
Eat at least 2 full meals a day

2nd trimester (4, 5, 6 months)
Eat at least 3 full meals a day

3rd trimester (7, 8, 9 months)
Eat at least 3 full meals and 2 nutritious snacks a day

Consumption of IFA tablets
Consumption of IFA tablets reduces anemia and decreases other difficulties. It also helps in cognitive development of the unborn child

Consumption of calcium tablets
During pregnancy or delivery decreases the chances of pre-eclampsia/eclampsia (blood pressure, haziness or unconsciousness)

What to do:
- From 4th month of pregnancy, consume 1 IFA tablet with water or lime juice daily before sleep at night.
- Consume 180 tablets from the 4th month of pregnancy till delivery.
- Continue consumption of IFA tablets for 6 months after child birth.
- From the 4th month of pregnancy, consume 2 calcium tablets daily.
- Continue consumption of 2 calcium tablets daily for 6 months even after childbirth.

What not to do:
- Don’t take it with tea or milk.
- Don’t take it with calcium tablets.
- Don’t drink tea/coffee for 1 hour prior or after taking IFA tablets.
- Don’t take it on empty stomach.
- Don’t take it with iron tablets.

What to do:
- Take deworming tablet during 2nd trimester of pregnancy.

What not to do:
- Don’t take it with tea or milk.
- Don’t take it with calcium tablets.
- Don’t drink tea/coffee for 1 hour prior or after taking IFA tablets.
- Don’t take it on empty stomach.
- Don’t take it with iron tablets.

Pregnant woman should gain 1.5–2 kgs weight per month. 10–12 kgs weight gain during pregnancy.

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

What to do:
- Eat at least 3 full meals a day
- Eat at least 2 full meals a day
- Eat at least 3 full meals and 2 nutritious snacks a day
- Eat at least 3 full meals and 3 nutritious snacks a day

What not to do:
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Wheat bread
Rice

Pulses and other grains (proteins)
Kidney beans (kidney bean)
Red lentil (masur dal)
Chickpeas (kaala chana)
Split chick peas (chana dal)

Dark green leafy vegetables and leaves (Vitamins and minerals)
Spinach (saag)
Broccoli

Milk or milk products (Calcium, protein, vitamin and fats)

Yellow/orange pulpy fruits and vegetables (Vitamin A)
Tomato
Carrot

Eggs/Meat (Protein)
(Vegetarian family must increase the intake of milk or milk products, instead of eggs/meat)

What to do:
- Eat at least 3 full meals and 3 nutritious snacks a day
- Eat at least 3 full meals and 2 nutritious snacks a day
- Eat at least 2 full meals a day
- Eat at least 3 full meals a day

What not to do:
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