

Safe preparation of food

- * Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.
- * Use clean utensils and store foods in a clean place.
- * Cook meat, fish and eggs until they are well done.
- * Wash vegetables, cook immediately for a short time and eat immediately to preserve nutrients.
- * Wash raw fruits and vegetables before eating.
- * Wash your hands with soap and water before preparing foods and after using the toilet and washing baby's bottom.



Other important tips

- * Rest more during the last 3 months of pregnancy and the first months after delivery.
- * To prevent malaria, sleep under an insecticide-treated mosquito net.
- * Take anti-malarial tablets as prescribed.
- * Take de-worming tablets to treat worms and help prevent anaemia.
- * Do not use alcohol, narcotics or tobacco products.

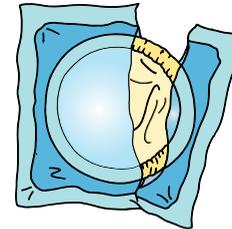


Nutrition and HIV care

- * Know your HIV status.
- * To know your HIV status you must take a test.
- * If you are HIV-infected, consult your health care provider on your care and treatment, and on how best to feed your baby.



- * If you are HIV-infected, you need extra food to give you extra energy.
- * Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while you are breastfeeding by practicing safe sex.
- * Use condoms consistently and correctly. Consult a family planning counsellor.



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Nutrition

During Pregnancy and Breastfeeding



Practice Good Nutrition

What do you need to know?



- * During your pregnancy, eat 3 meals each day plus one extra small meal or "snack" (food taken in between main meals).
- * During breastfeeding, eat 3 meals each day plus two extra small meals or "snacks".
- * Eat different types of local available foods each day.
- * No special food is required to produce breast milk.
- * Adolescent mothers need more food, extra care and more rest.

Plan a 4 - Star Diet ★★★★★



Staples: grains such as maize, wheat, rice, millet and sorghum, and roots and tubers such as cassava and potatoes
1 star ★



Legumes such as beans, lentils, peas, groundnuts, and seeds such as sesame
2 stars ★★



Vitamin A-rich fruits and vegetables such as mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin and **other fruits and vegetables** such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage
3 stars ★★★



Animal-source foods including foods such as meat, chicken, fish, liver and eggs and dairy products
4 stars ★★★★★



Oil and fat such as oil seeds, margarine, ghee and butter improve the absorption of some vitamins and provide extra energy.

Protect Your Health

Pregnant and breastfeeding women need to:

- * Attend antenatal care at least 4 times during pregnancy starting as early as possible.
- * Drink whenever you are thirsty.
- * Avoid taking tea or coffee with meals and limit the amount of coffee you drink during pregnancy.



What supplements do you need?

- * You need iron and folic acid tablets during pregnancy and for at least 3 months after your baby's birth.
- * Take iron tablets with meals to increase absorption.
- * Always use iodised salt to prevent learning disabilities, delayed development, and poor physical growth in the baby; and goitre in the mother.
- * Take vitamin A supplements immediately after birth or within 6 weeks after delivery to ensure that your baby receives the vitamin A in your breast milk.

