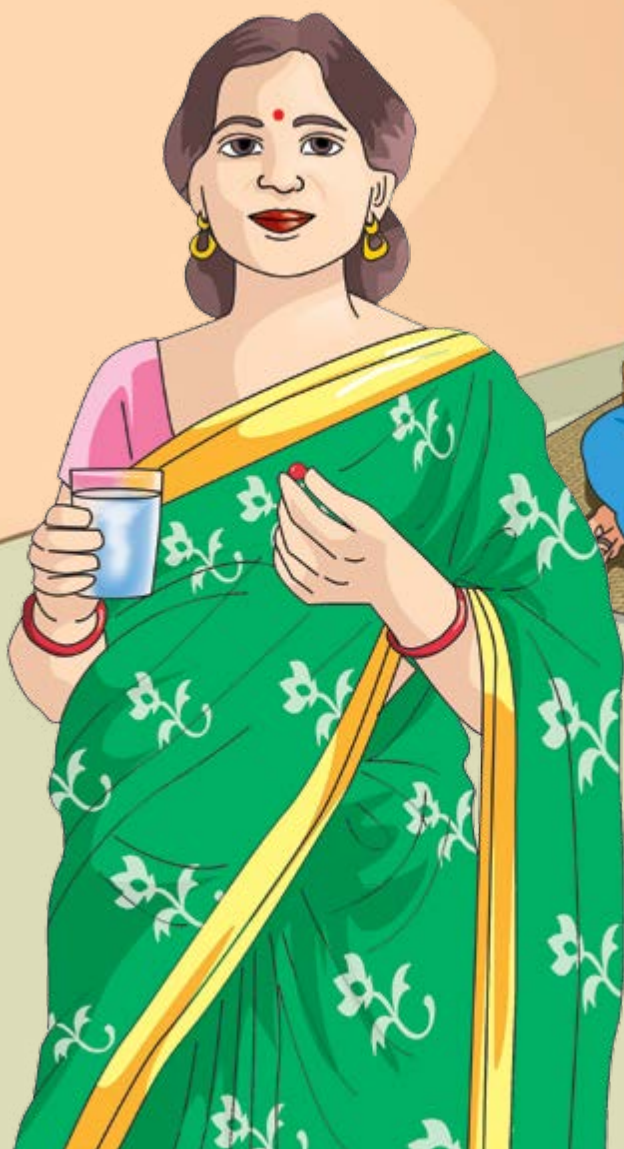


Nutrition for pregnant and lactating women

Key points to remember



Remember 5 golden rules for pregnant and lactating woman's nutrition

1



- Consume one food item daily from each of 5 recommended food groups, with Roti/Rice as shown in the image.
- Vegetarian family must increase the intake of milk or milk products in their daily diet, instead of egg/meat products.

2



- Consume adequate diet as per trimester during pregnancy.

3



- From 4th month of pregnancy, consume 1 Iron and Folic Acid (IFA) tablet daily, before sleeping in the night.
- Consume 180 IFA tablets starting from the 4th month of pregnancy till delivery.
- Continue consuming IFA tablets for 6 months after child birth.

4



- ⦿ From 4th month of pregnancy, consume 2 calcium tablets daily.
- ⦿ Continue consuming 2 calcium tablets for 6 months after birth of child.
- ⦿ Consume first tablet after breakfast and second tablet after lunch.
- ⦿ Don't consume it with either iron tablets or empty stomach.

5



- ⦿ Wash hands with soap
 - » After using toilet.
 - » Before preparing food and eating
- ⦿ Don't walk bare foot.
- ⦿ Ensure cleanliness of food items
 - » Wash fruits and vegetables before consuming.
 - » Cover drinking water properly.
- ⦿ Do not defecate in open, use household toilet.

6



- ⦿ Measure your weight on a monthly basis and get it recorded in Mother & Child Protection Card.
- ⦿ Steady increase of 1.5-2 kgs weight per month is expected from 4 month of pregnancy.
- ⦿ Cumulative increase of 10-12 kgs weight is expected from pregnancy till birth of child.

Benefits of healthy nutrition for pregnant and lactating women

1

Safe delivery

2

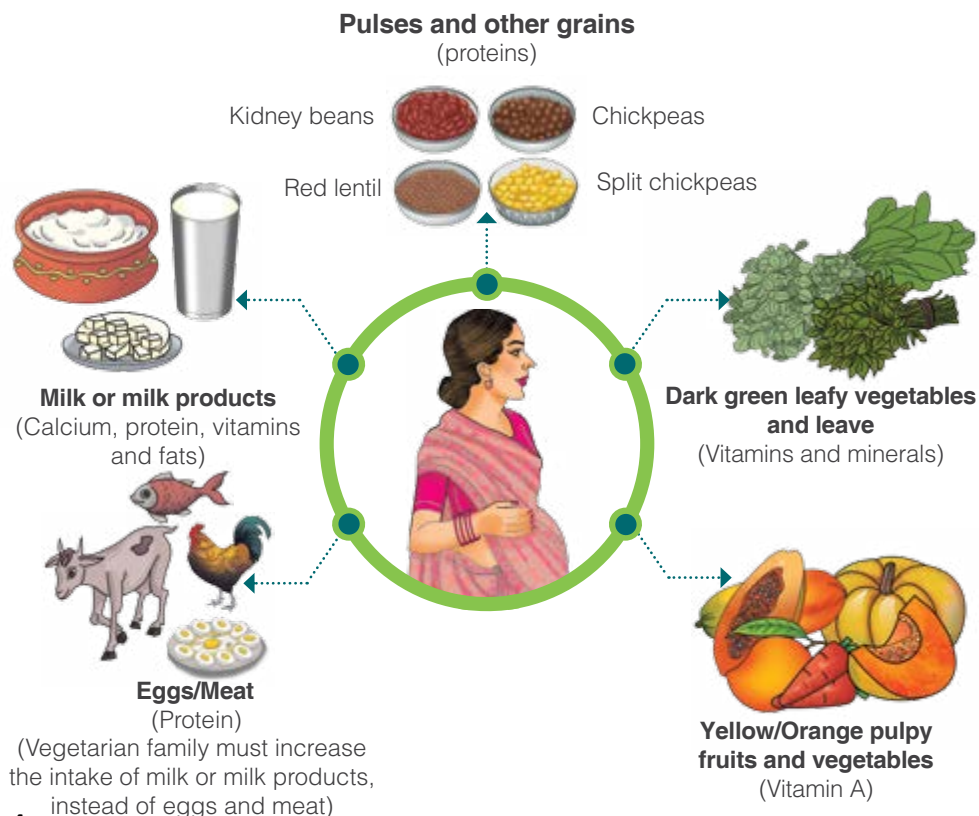
Decrease in chances of death during delivery and post delivery

3

Optimal physical and cognitive development of infant

Ensure 5 different types of specific nutrient rich, locally available food items in your daily meal

Pregnant and lactating women should consume one food item daily from each of 5 recommended food groups with Roti/Rice, as shown in the image.



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

| 1st trimester | 2nd trimester | 3rd trimester | Lactating women |
|--|---|---|--|
| Eat at least 2 full meals a day | Eat at least 3 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 |
|  |  |  |  |
| Meal | Meal | Nutritious snack | Nutritious snack |
|  |  |  |  |
| Meal | Meal | Meal | Meal |
| |  |  |  |
| | Meal | Nutritious snack | Nutritious snack |
| | |  |  |
| | | Meal | Meal |
| | |  |  |
| | | Meal | Nutritious snack |
| | | |  |
| | | | Meal |

Consumption of IFA tablets

Consumption of IFA tablets reduce anemia and decrease other difficulties. It helps in cognitive development of the unborn child (foetus)



- From 4th month of pregnancy till delivery, consume 1 IFA tablet with water or lime juice before sleeping at night.
- Continue consumption of IFA tablets for 6 months after birth of child.
- Don't consume the IFA tablet with tea or milk.
- Never take IFA and calcium tablets together.

Consumption of calcium tablets

Consuming calcium tablets during pregnancy and during delivery decreases chances of pre-eclampsia/eclampsia (blood pressure, haziness or unconsciousness).



- From 4th month of pregnancy till delivery, consume 2 calcium tablets daily.
- Continue consumption of 2 calcium tablets daily for 6 months after delivering the child.
- Consume the first calcium tablet after breakfast and the second tablet after lunch.
- Don't take the tablet empty stomach.
- Don't take the tablet with iron tablets

These tablets are available for free from ASHA, A.N.M., Anganwadi worker or health centres.



Weight of pregnant woman

Regular weight check is important, for the good health of mother and the unborn child,

- ⦿ Pregnant women should measure their weight every month.
- ⦿ Get weight recorded on Mother Child Protection Card. Adequate weight gain indicates the good growth of the unborn child.
- ⦿ Pregnant women gain about 1kg weight per month in the first trimester and 1.5-2 kgs per month from 4th month onwards.
- ⦿ Take deworming medication (one tablet of Albendazole of 400 mg) in the 2nd trimester of pregnancy.



Necessary hygiene practices:

- ⦿ Wash hands with soap
 - » After using toilet.
 - » Every time before cooking and eating
- ⦿ Don't walk bare foot.
- ⦿ Ensure cleanliness of food items
- ⦿ Wash the fruits and vegetables before using it.
- ⦿ Cover drinking water properly
- ⦿ Do not defecate in open, use household toilet.



Husband and mother-in-law's responsibilities

Husband should ensure availability:

- Diverse, nutrient rich and locally available recommended foods with Roti/Rice for daily consumption.
- Iron and calcium tablets
- Accompany her for regular ANC check-ups and get weight recorded in Mother Child Protection Card.
- Pregnant women wash hands with soap regularly.



Mother-in-law remind daughter-in-law

- Consume one food 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 iron tablet and 2 calcium tablets daily.
- Measure and record weight regularly during ANC check ups.
- Wash hands with soap regularly.

