



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 cutting and eating.
- * Wash your hands with soap and water before preparing foods and after using the toilet and washing your baby's bottom.



Other important tips

- * Rest more and avoid heavy work, especially during the last 3 months of pregnancy and the first 3 months after delivery.
- * To prevent malaria, sleep under an insecticide-treated mosquito net every night.
- * In case of fever, seek treatment at the health facility immediately.
- * Take de-worming tablets to treat worms and help prevent anaemia.
- * Do not use alcohol, narcotics or tobacco products.

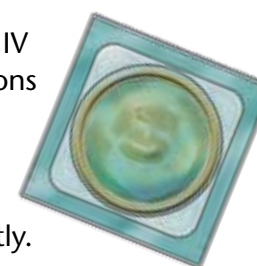


Nutrition and HIV care

- * 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.



This brochure is based on material originally developed by UNICEF and URC/CHS and was adapted to the Rwandan context. October 2011.



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Nutrition During Pregnancy and Breastfeeding



Practice Good Nutrition

Other things you should 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.
- * Drink plenty of liquids.

Plan a balanced diet



Energy-giving foods including grains such as maize, rice, millet and sorghum and roots and tubers such as cassava and potatoes



Body protecting 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



Body-building legumes such as beans, lentils, peas, groundnuts and **seeds** such as sesame



Body-building animal-source foods such as meat, chicken, fish, liver and eggs and dairy products



Oil and fat such as oil seeds, margarine, ghee, butter and palm oil 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, beginning during the first 3 months.
- * Drink plenty of clean water every day.
- * 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.

