

ANTENATAL CHECK-UP

Get your blood pressure checked to detect high BP which can be dangerous for you and your baby.

Abdominal examination is important to assess foetal growth.

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Abdominal Check-up during ANC helps in assessing foetal growth and its well-being

Tetanus toxoid injection

Get two doses of T.T. injection at one month interval.

Tetanus Toxoid Injection protects both mother and baby from Tetanus which is one of the life threatening conditions

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Iron Folic acid (IFA) tablets

During pregnancy 100 tablets of iron and folic acid will be given.

One tablet of IFA is to be taken daily starting from the fourth month of pregnancy. If you are anaemic, you will be advised to take two IFA tablets daily, one tablet in the morning and one in the evening.

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Taking one IFA tablet a day keeps anaemia away in mothers and ensures delivery of a healthy baby

DIET DURING PREGNANCY

.....You need to eat one extra meal a day during pregnancy.

Take milk and dairy products like curd, buttermilk, paneer-these are rich in calcium, proteins and vitamins.

Eat fresh/seasonal fruits and vegetables as these provide vitamins and iron. Cereals, whole grains and pulses are

good sources of proteins.

Green leafy vegetables are a rich source of iron and folic acid.

A handful (45 grams) of nuts and at least two cups of daal provide daily requirement of proteins in vegetarians.

For non-vegetarians, meat, egg, chicken or fish are good sources of proteins, vitamins and iron.

A well balanced diet consisting of a variety of food helps in the growth of the baby and prevents anaemia

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RICH SOURCES OF IMPORTANT NUTRIENTS

Iron

Calcium

Vitamins

Proteins

Fats

Green leafy vegetables, whole grains, cereals, dry fruits, nuts, meat, jaggary.

Milk, milk products, sesame seeds, almonds, soya milk, turnip, egg.

Orange and dark green vegetables, citrus fruits, apple, tomato, amla, vegetables, meat, fish, eggs, sunlight, milk and milk products, soya products.

Paneer, milk and other milk
products, combined grains,
seeds, nuts, egg, meat, poultry,
soya beans.

Butter, ghee, oils, nuts.

Prefer using variety of local seasonal foods, vegetables and fruits
being grown in and around your area

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CLEANLINESS

Wash your hands with soap and water
before every meal and after attending
toilet of self and baby.

Clip your nails regularly.

Personal hygiene prevents acquiring infection
and also from transmitting to the baby