

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.



Things to remember

- ✓ Eat extra food during pregnancy and while breastfeeding.
- ✓ Eat the best foods available, including animal-source foods, beans, groundnuts, fruits and vegetables.
- ✓ Eat foods that are fortified with vitamins and minerals.
- ✓ Take a multivitamin or iron folic acid tablet every day during and after pregnancy.
- ✓ Do not consume things that can harm your baby, such as beer, wine, spirits, and tobacco. Limit the amount of tea and coffee you drink.
- ✓ During pregnancy, attend antenatal care early and often to monitor your weight gain.
- ✓ Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while you are breastfeeding by practicing safe sex and getting tested regularly. Get tested 6 weeks after delivery and then every 3 months while breastfeeding.
- ✓ If you are HIV-infected, you need extra food to give you extra energy.



Nutrition During Pregnancy and Breastfeeding

Talk to a health worker and visit www.RightStart.com.na for more information and videos on feeding your baby.

Other Important Tips



- ✓ Rest more during the last 3 months of pregnancy and the first months after delivery.
- ✓ Do not eat too much salt. When using salt, always use iodised salt to help brain development.
- ✓ Do not eat raw or undercooked meat, fish, eggs or dairy.
- ✓ Take deworming tablets when prescribed by a health worker to treat worms and help prevent anaemia.
- ✓ Do not use alcohol, narcotics or tobacco products. Drinking alcohol and smoking during pregnancy can damage your baby.

Republic of Namibia



Ministry of Health and Social Services



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.

Eat a Balanced Diet

Plan a 4 - Star Meal

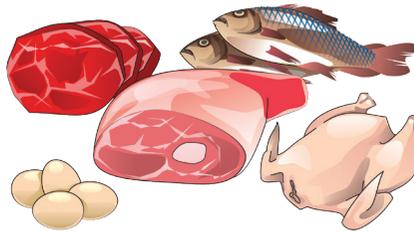
★ 1 star

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



★★ 2 stars

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



★★★ 3 stars

Legumes such as beans, lentils, peas, groundnuts, and seeds such as sesame.



★★★★ 4 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, and cabbage.



Oil and fat such as vegetable oil, margarine, animal fat and butter improve the absorption of some vitamins and provide extra energy. Eat in moderation.

Protect Your Health

Pregnant and breastfeeding women need to:

- ✓ Attend antenatal care during pregnancy, starting as early as possible (before 12 weeks).
- ✓ Drink fluids 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 or folic acid tablets or multivitamin tablets during pregnancy and for at least 3 months after the baby's birth.
- ✓ Take iron tablets with meals to increase absorption.
- ✓ Iron tablets can have mild side effects, such as stomach ache. Side effects are not harmful and usually go away.
- ✓ If you have side effects, taking iron tablets in between meals or before going to sleep can help.
- ✓ 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.

