

# MATERNAL NUTRITION

## Follow these 5 golden rules for correct care of mother and child:

- ✓ Ensure diet diversity (consume atleast 5 out of 10 food groups).
- ✓ Increase the quantity and frequency of food consumption.
- ✓ Consume Iron Folic Acid tablets as recommended.
- ✓ Consume Calcium tablets as recommended.
- ✓ Ensure regular weighing and growth monitoring.



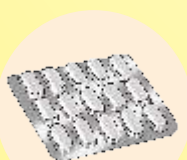
Consume atleast **5** out of **10** food groups

## DIETARY SUGGESTIONS

- ✓ Eat 1-2 extra meals/snacks every day.
- ✓ Include good quality protein in daily diet.
- ✓ Eat seasonal fruits and vegetables daily.
- ✓ Ensure consumption of milk and milk products.



**IFA tablets**  
(180 during pregnancy + 180 during lactation)



**Calcium tablets**  
(360 during pregnancy + 360 during lactation)

### Cereals, roots and tubers



Wheat, jowar, rice, corn, potato, bajra etc.

### Pulses and legumes



Lentil, bengal gram, rajma, red gram, green gram, soyabean, beans and almonds etc.

### Nuts and oil seeds



Til, Kohra seeds, poshat seeds, cashew, almonds, pisachios etc.

### Milk and milk products



Milk, curd, paneer, ghee, khoya etc.

### Meat and fish



Mutton, poultry, fish, liver etc.

### Eggs



Poultry and duck eggs

### Green leafy vegetables



Spinach, fenugreek leaves, coriander etc.

### Yellow/orange fruits and vegetables



Papaya, mango, water melon and carrot etc.

### Other vegetables



Cauliflower, lady finger, onion, brinjal etc.

### Other fruits



Amla, apple, guava, litchi, grapes etc.

For more information, contact Self Help Group member of your area.