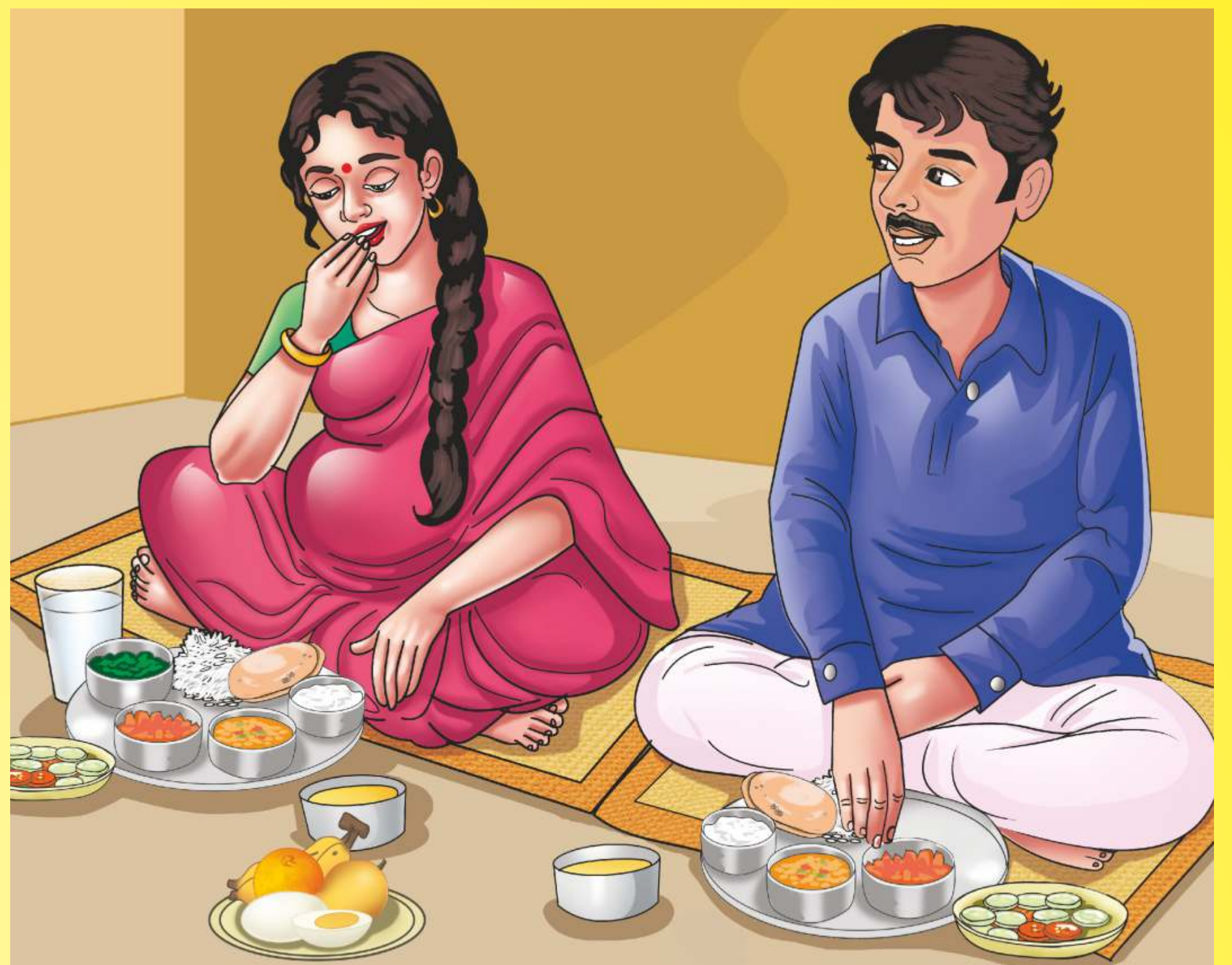


# MATERNAL NUTRITION

**PROPER NUTRITION OF PREGNANT AND LACTATING WOMEN ENSURES OPTIMUM START OF THE CHILD'S LIFE.**

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

- ✔ Ensure diet diversity (consume at least 5 out of 10 food groups)
- ✔ Increase the quantity and frequency of food consumption
- ✔ Consume Iron Folic Acids tablets as recommended
- ✔ Consume Calcium tablets as recommended
- ✔ Ensure regular weighing and growth monitoring



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



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

## 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.

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

