



OBULAMU EATS

A Nutrition Guide for Ugandan Girls

Obulamu Eats – Healthy Choices

Teens

Adults

Pregnancy

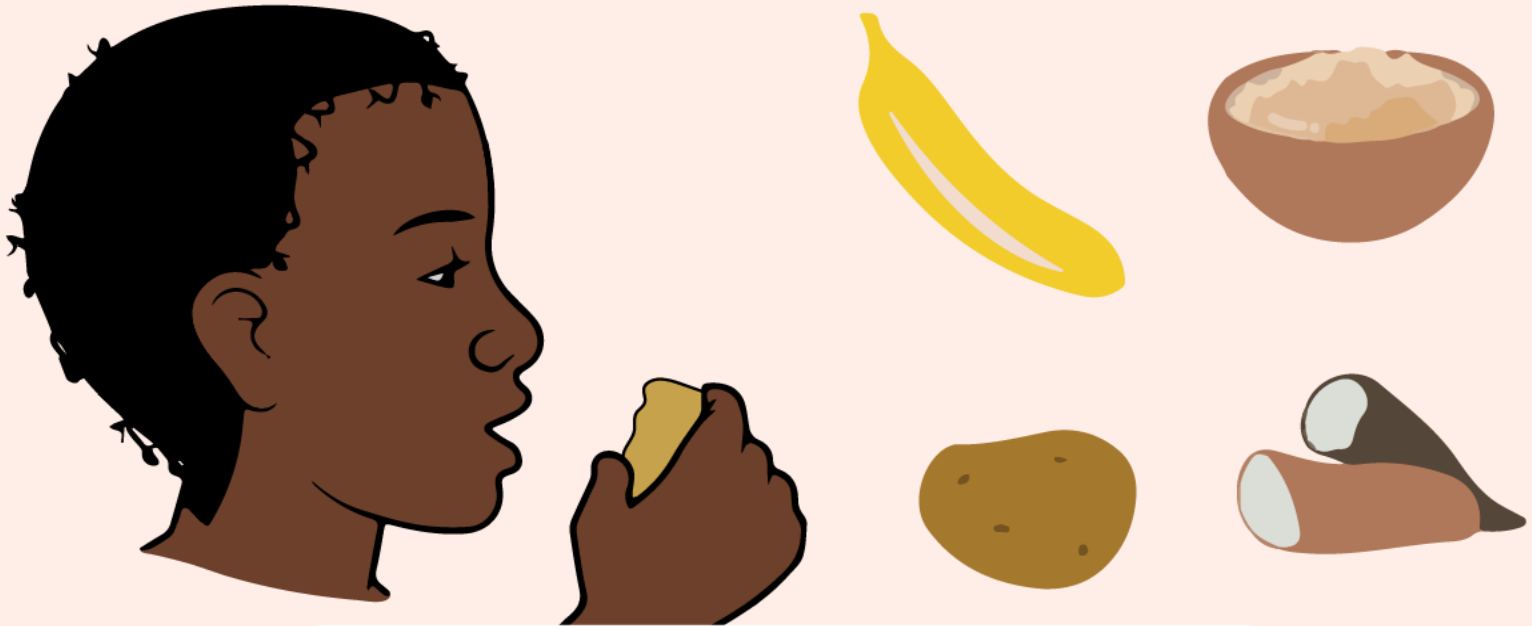
Infants (<1 year)

Children (1+ years)

Food Guides

Teens

As a girl grows and matures,
her body requires healthy choices.
She eats three meals a day.



See food guide section for more information.

Teens

When a girl starts to menstruate,
she eats iron rich foods.



Legumes



Nuts



Oatmeal



Seeds



Quinoa



Dark chocolate

Cocoa powder



Dried fruits



Leafy greens

Teens

Practice good hygiene to stay healthy.



After latrine



Before eating



After changing diapers



Before cooking

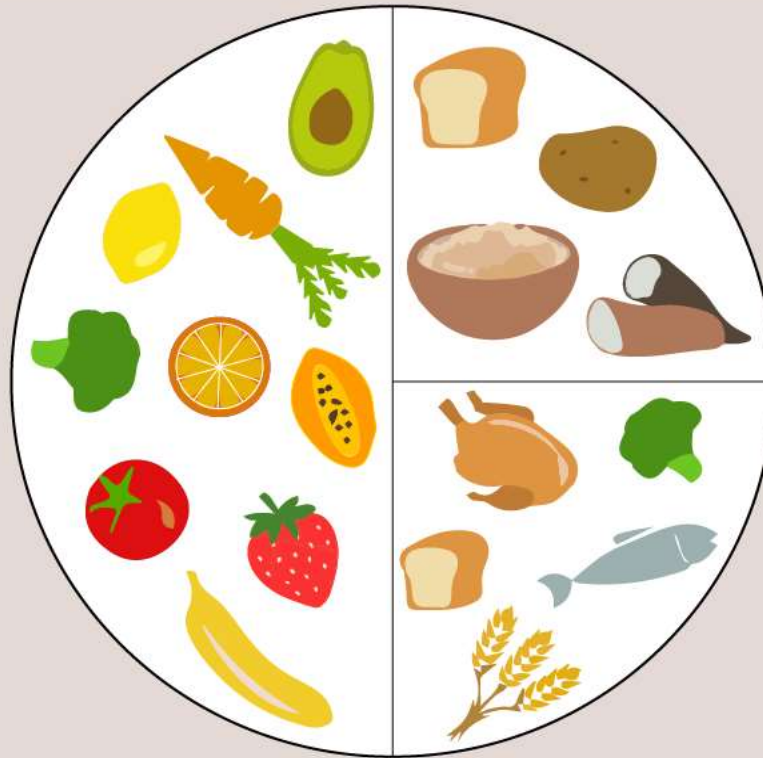
Adults

When a girl becomes a woman, her nutrition needs will change.



Adults

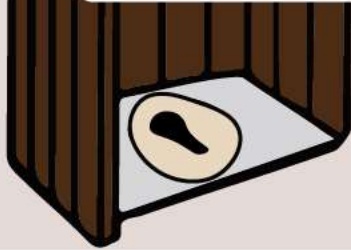
A healthy diet should include a selection of protective, body-building, and energy-giving foods.



See food guide section for more information.

Adults

Practice good hygiene to stay healthy.



After latrine



Wash hands



Before eating



After changing diapers



Before cooking

Adults

Boil water to keep healthy.



Before cooking



Before drinking

Adults

Fresh fruits and vegetables are the healthiest snacks.



Adults

Foods with less sugar and salt are healthier and more nutritious.



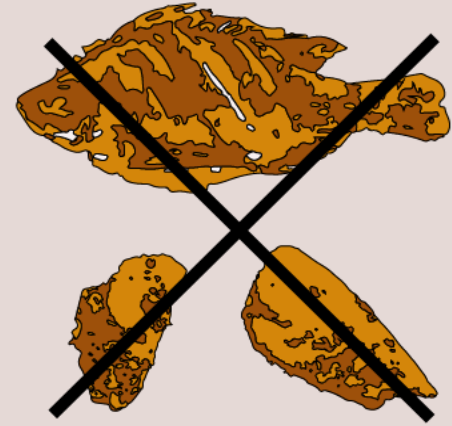
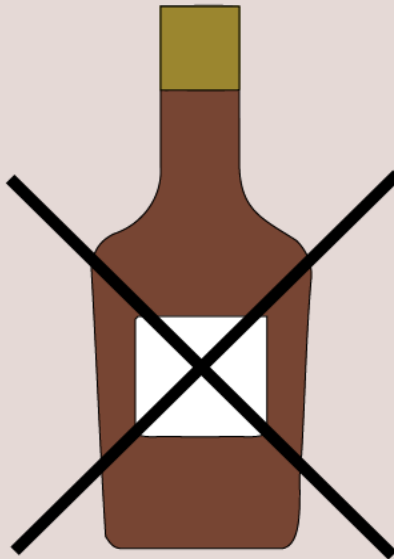
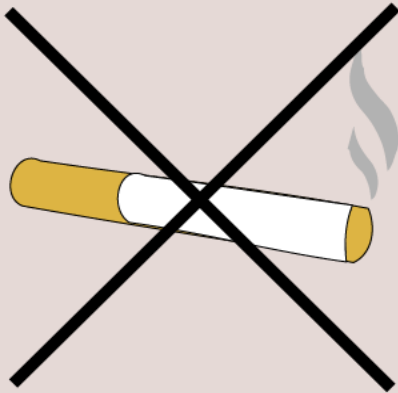
Adults

Boiling is better than frying meals.
Overcooking vegetables will lose their nutrients.



Adults

Smoking, alcohol, fried and fatty foods are bad for your health.



Pregnancy

It's important for moms to have a healthy body before pregnancy for healthier babies.



Pregnancy

Mom knows it's important to go to all antenatal appointments and to get supplements to have a healthy baby.



Health
Centre

Pregnancy

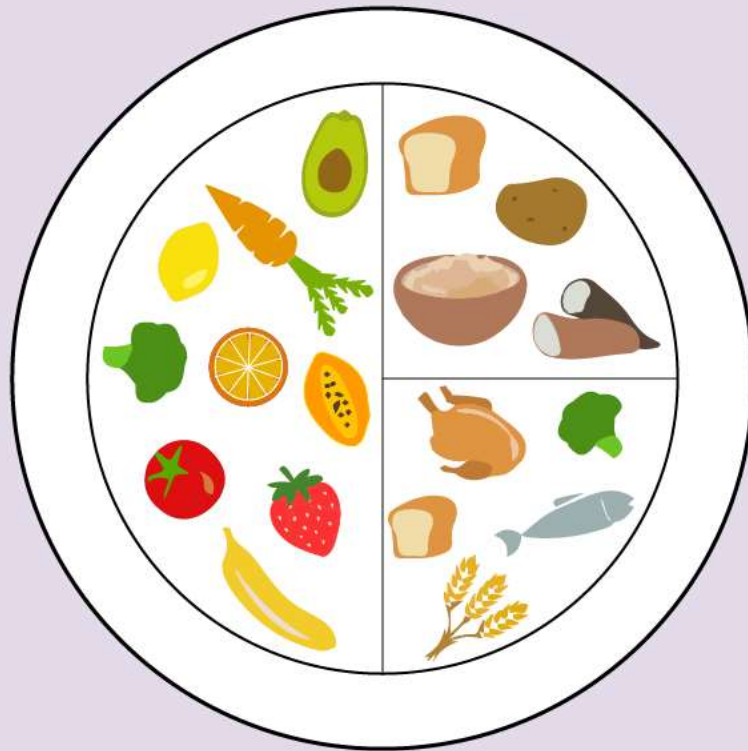
Mom eats three meals and snacks throughout the day.



See food guide section for more information.

Pregnancy

Mom eats different foods to stay healthy.



Pregnancy

Mom needs to eat enough iron and vitamins during pregnancy to keep baby healthy.



Legumes



Nuts



Oatmeal



Seeds



Quinoa



Dark chocolate

Cocoa powder



Dried fruits



Leafy greens

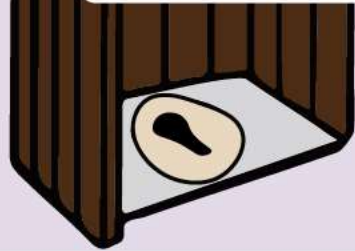
Pregnancy

Mom lets smoke out windows and doors to keep family healthy.



Pregnancy

Practice good hygiene to stay healthy.



After latrine



Wash hands



Before eating



After changing diapers



Before cooking

Pregnancy

Mom avoids these to keep baby healthy.



Alcohol



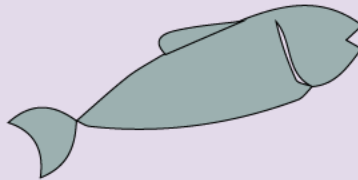
Tea/caffeine



Smoking



Raw eggs



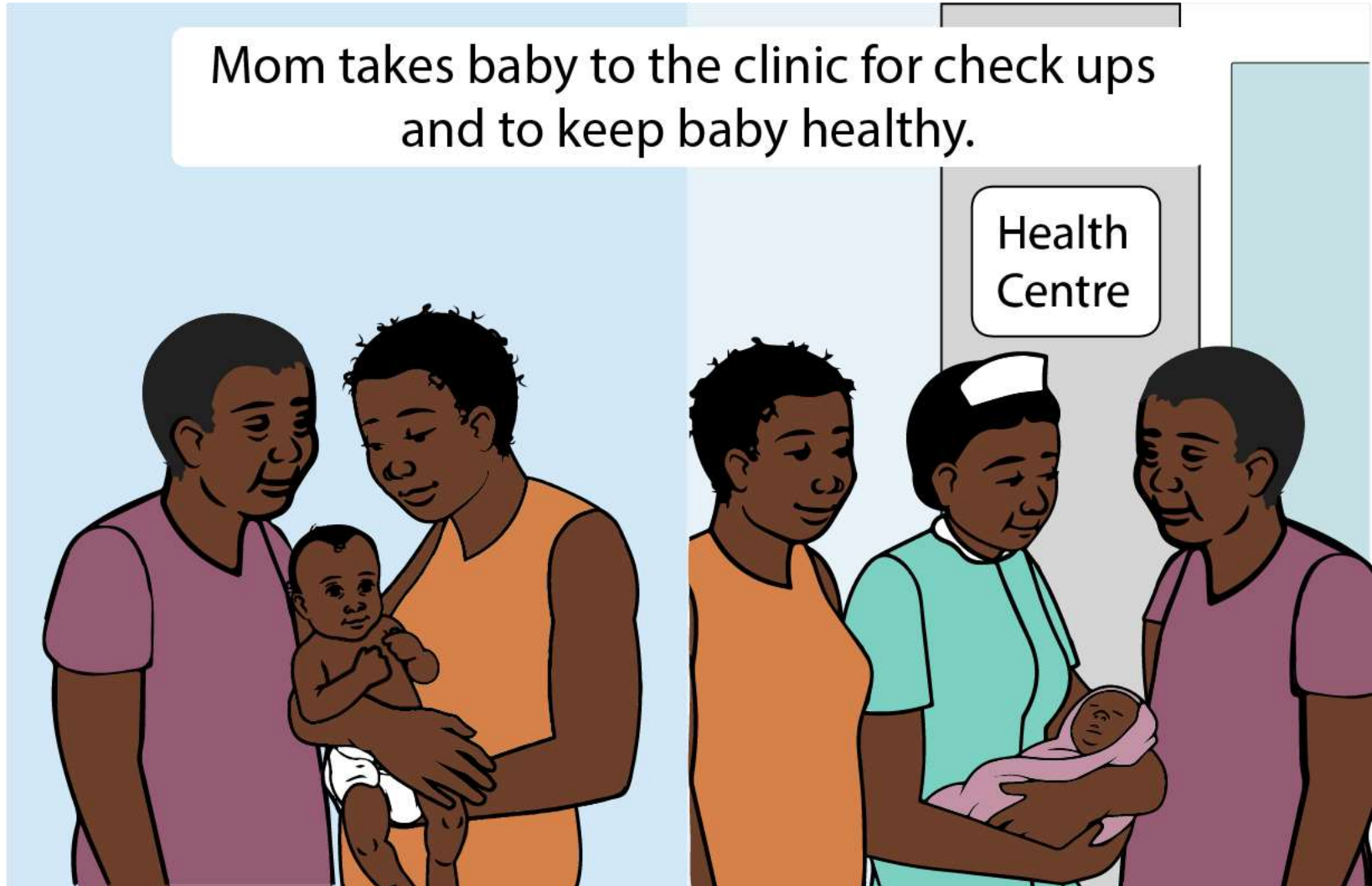
Raw fish



Herbal meds
(marijuana)

Infants (<12 months)

Mom takes baby to the clinic for check ups and to keep baby healthy.



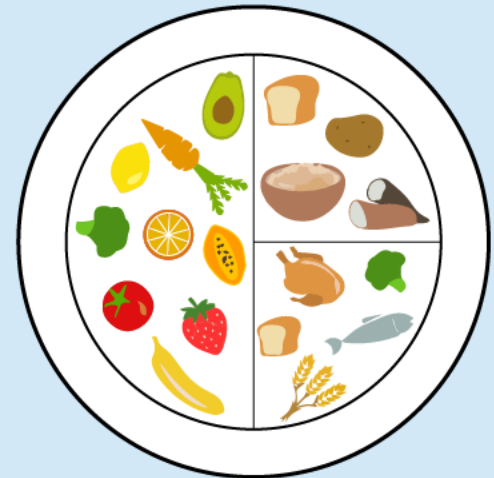
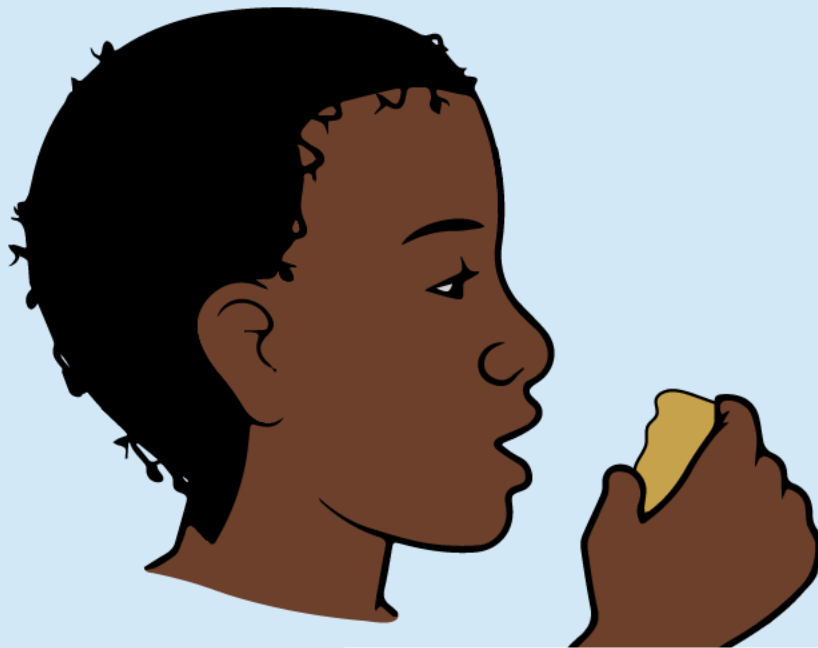
Infants

Mom takes baby to the clinic to be weighed and measured.
Vitamins and medicine help keep baby healthy.



Infants

Mom eats 3 meals a day and takes vitamins to stay healthy.
Healthy mom = healthy baby.



See food guide section for more information.

Infants

Always wash hands before touching food or feeding baby.



After latrine



Before eating



After changing diapers



Before cooking

Infants

Baby is hungry.



Mom breastfeeds baby to keep her healthy.



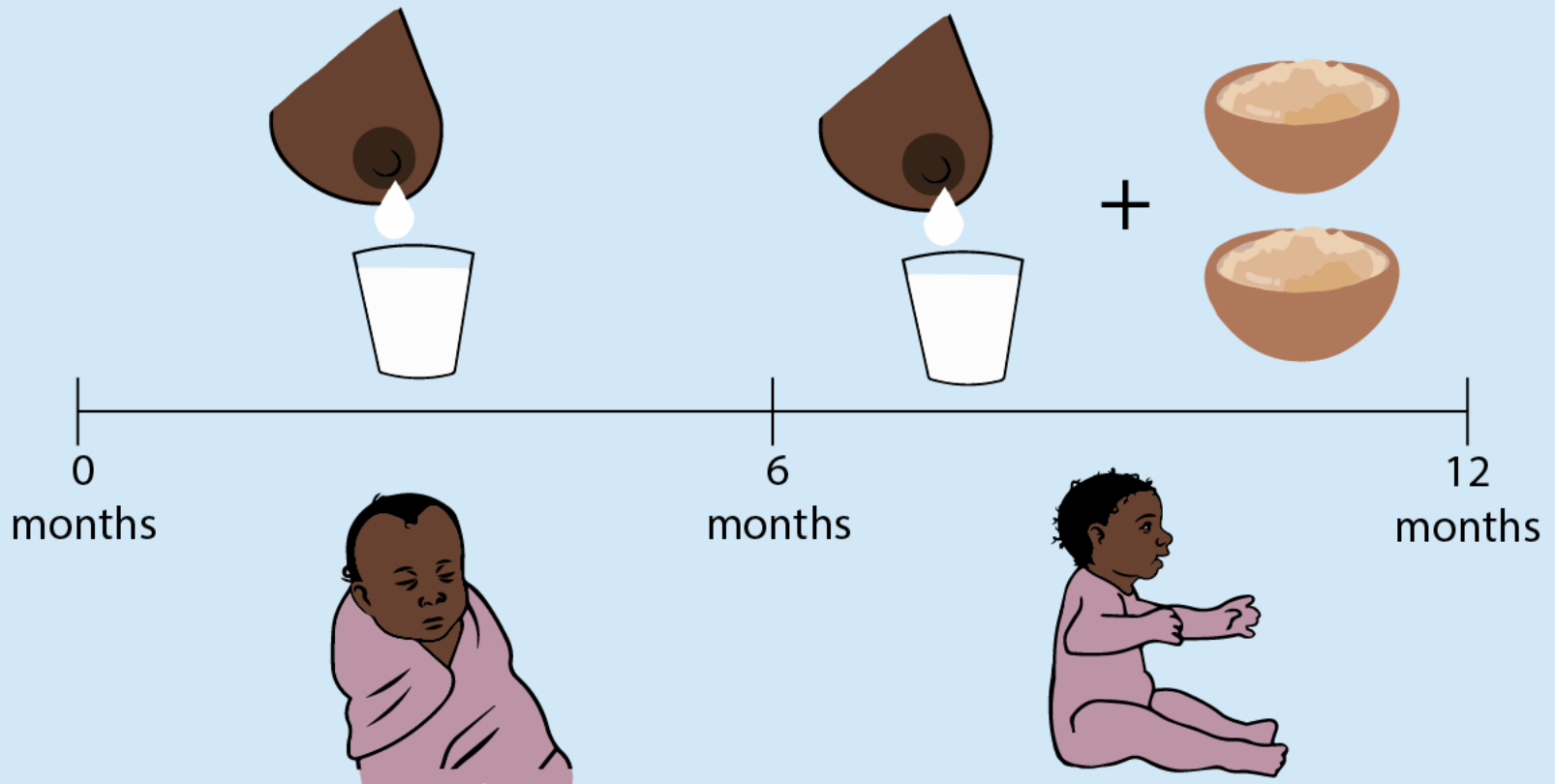
Infants

Mom feeds sick baby to keep her strong.



Infants

Baby needs breastmilk to grow big and strong.
After 6 months, mom breastfeeds and gives baby soft foods.



Children (1+ years)

After 12 months, baby needs to eat more foods to grow big and strong.

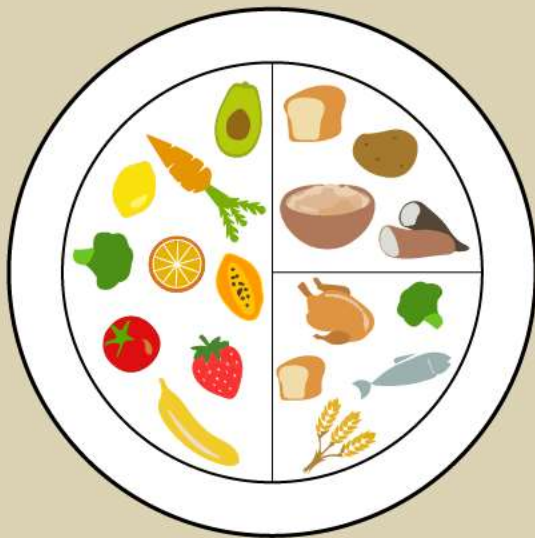


12+ months

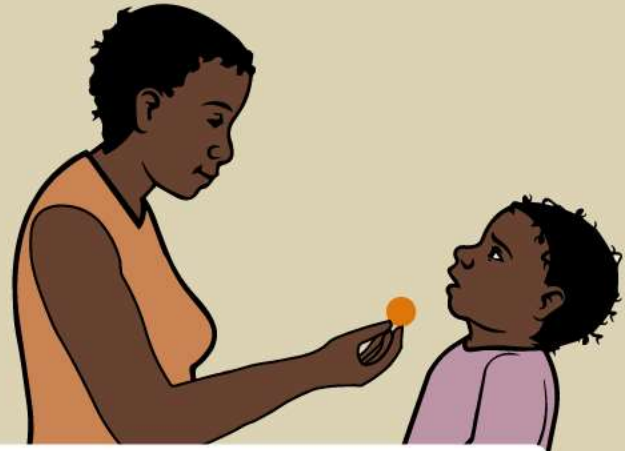


Children

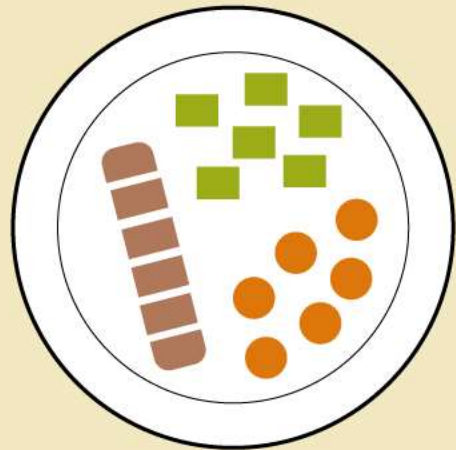
Mom feeds baby different foods to help her grow healthy and strong.



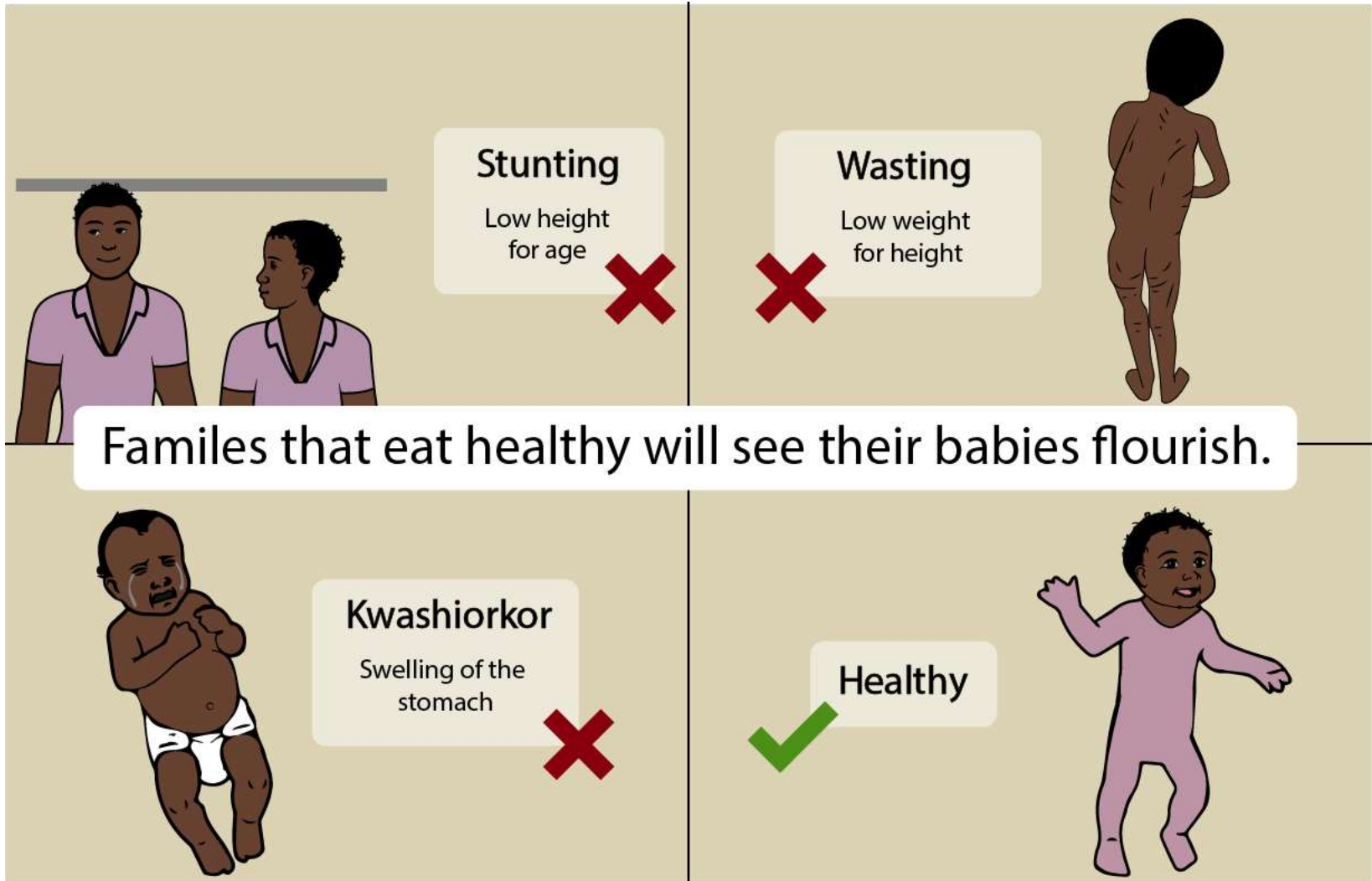
Children



Mom cuts up food into smaller pieces so baby does not choke.



Children



Children

Always wash hands before touching food or feeding child.



After latrine



Before eating



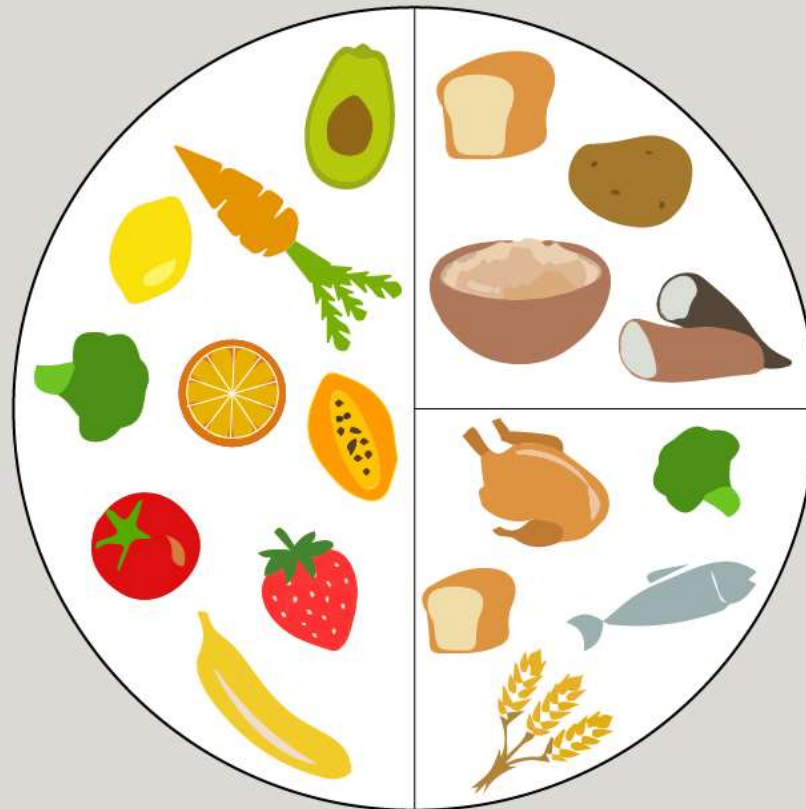
After changing diapers



Before cooking

Food Guides for Healthy Families

Family eats a variety of foods for different nutrients.
Foods with less sugar and salt are healthier and have more nutrients.

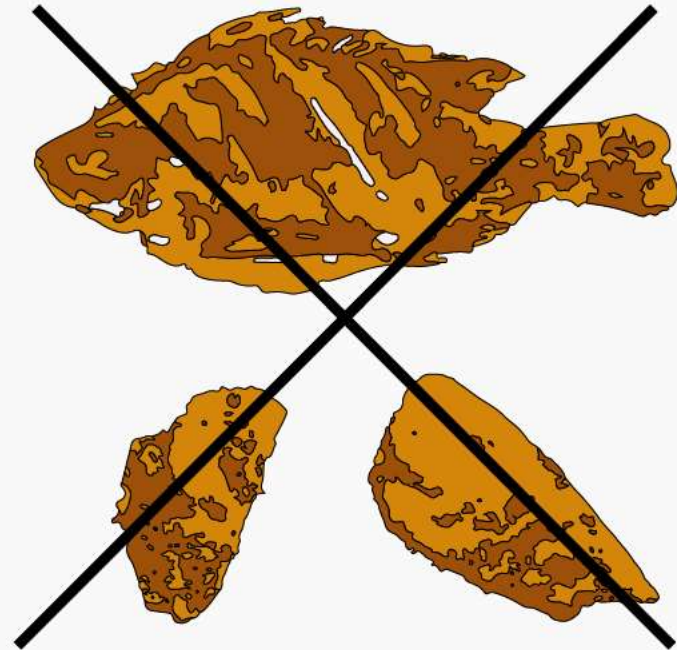


Food Guides

Boiling is better than frying meals.



Cooking healthy



Avoid fried foods

Food Guides

PROTECTING FOODS

Foods that provide necessary vitamins and nutrients to our body and brain.



Pawpaws



Mangos



Nuts/Seeds



Carrots



Berries



Leafy Greens



Avocados



Tomatoes



Lemons/Oranges/
Tangerines

Food Guides

BODY BUILDING FOODS

Foods that are rich in iron and protein.



Chicken (meat)



Whole-Grain Bread



Sorghum/Millet



Leafy Greens



Nuts/Seeds/
Amaranth



Beans/Legumes/
Lentils



Mukene

Food Guides

ENERGY GIVING FOODS

Foods that provide energy for body activity and movement.



Cassava



Potatoes



Chapati



Grains



Whole-Grain Bread



Rice