

The background features a dark grey gradient. On the left, there is a white, wavy-edged vertical shape. Overlaid on this is a dark blue silhouette of a woman holding a child. The woman's head is at the top, and the child is positioned in front of her. The text is centered over the woman's torso area.

# **NUTRITION GUIDE FOR HEALTHY BABIES**

YouLearn Educational Series

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# PRENATAL HEALTH KEEPS MOTHER & BABY HEALTHY

Prenatal health is any healthcare or medical advice you receive while pregnant to keep you and your baby healthy, including:

- Nutritional guidance
- Keeping regular checkups at the clinic.
- Practicing healthy choices; avoiding alcohol or smoking
- Keeping physically active



# WHY DIET IS IMPORTANT

- Without proper dietary intake, babies have increased chances of being born with health problems that cannot be reversed.
- Pregnant women need to enhance their diet, adding in extra nutrients to prevent anemia, low birth weight of infant or stillbirths.



# DIETARY GUIDE FOR PREGNANT MOTHERS

- Eat **three meals a day, every day**
- Every meal should have at least a **legume and a vegetable**
- Include **micronutrient-rich foods** in your diet: passion fruits, paw-paws, pineapples, guava, avocado, mango, pumpkin, spinach, dodo, nakati, buga, sukuma wiki, tomatoes, etc.
- **Body-building foods** are rich in iron and protein: beef, fish, eggs, meat, liver, lean beef, pork, fish and legumes
- Eat **snacks** in between meals for energy [such as: ripe banana, porridge, Irish potatoes/sweet potatoes, honey].
- **Fortified foods** improve micronutrient intake (oil e.g. fortified with Vitamin A,
- Iodized salt to keep iodine levels up.

# WHAT IS IMMUNITY?

When you build up your immunity, you help your body fight off infections and diseases.

## Certain foods boost your immunity:

- garlic and onions
- mushrooms, green tea, turmeric, tamarind, ginger, mukene
- citrus fruits (lemon, oranges, etc.)
- colored vegetables (pumpkin, bell peppers, carrots, dark green leafy greens)



# VITAMIN A KEEPS YOU HEALTHY

- **Vitamin A:** Dark colored fruits and vegetables, such as: mangoes, carrots, pumpkins and fresh sweet potatoes and eggs and liver



# STAY HEALTHY BY BOOSTING YOUR IMMUNITY

**Vitamin A:** Dark colored fruits and vegetables, such as: mangoes, carrots, pumpkins and fresh sweet potatoes and eggs and liver

- okra
- cabbage
- carrots
- Amaranth (grain)
- jackfruit
- water melons
- ripe bananas
- pawpaws
- guavas
- passion fruits
- pineapple
- mangoes
- tomato
- avocado
- oranges
- tamarind
- ginger
- turmeric
- mushrooms
- garlic
- onions
- mukene

# NUTRIENTS THAT BOOST YOUR IMMUNITY

Key nutrients that boost your immunity include:

- **Vitamin E:** Green leafy vegetables, nuts, seeds, and vegetable oils
- **Vitamin D:** Fatty fish, such as: Nile perch and Semutundu (catfish), beef, liver, and egg yolk
- **Zinc:** Eggs, seeds, nuts, beans, chick peas, meat, liver, and dairy products





# VITAMIN C BUILDS IMMUNITY

Eat at least one fruit every day to build up your immunity against sickness.

Good sources of Vitamin C include:

Bananas

Mangoes

Papaws

Avocado

Guavas

Pineapple

Melons

Berries

Citrus (oranges,  
lemon, tangerines)

Tomatoes

Spinach

broccoli



# CALCIUM FOR HEALTHY BONES

Dairy, such as milk, cheese, and yogurt gives you an increase in calcium, which supports stomach health and bone development.

Other good sources of calcium are found in:

- Sardines
- Dark leafy greens (spinach, kale, turnips, and collard greens)
- Broccoli
- Fortified cereals; enriched breads, grains



# BRING COLOR INTO YOUR DIET

**Folate, or Vitamin B-9**, supports healthy growth and development of your baby and reduces chances of birth defects.

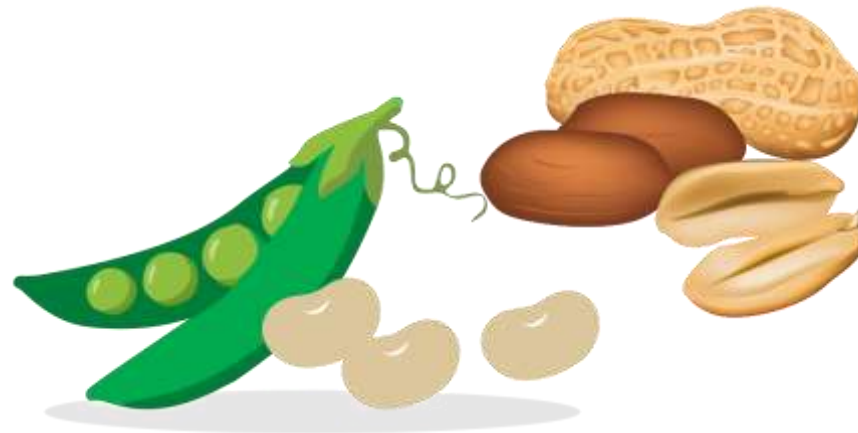
Colored vegetables and dark leafy greens are excellent sources of vitamins and nutrients which help you stay strong.



# FOLATE (VITAMIN B9) FOR BABY'S GROWTH

- Legumes (beans, peas, lentils)
- cowpeas (black eyed peas)
- Nuts & seeds (simsim)
- Grains
- Dark leafy greens
- Pawpaws
- Bananas
- Avocados
- Citrus
- Eggs
- Beef Liver

Legumes (beans & nuts) are a good source of folate, which is responsible for the baby's brain development.



# NUTRIENT DENSE LOCAL FOODS

**Cowpeas or Black-eyed peas:** is high in **fiber and protein**; good source of folate, copper, thiamine and iron. It has antioxidant properties that protect against disease.

**SimSim (Sesame):** is a good source of **calcium**, for good bone growth and is high in dietary fiber, which *improves bowel movements and helps prevent constipation*.

**Jackfruit** is loaded with nutrients, is a good source of protein, vitamin C and has antioxidants that are beneficial in control of diabetes and disease prevention.

**Tamarind** has antioxidant and anti-inflammatory properties that protect against heart disease, cancer and diabetes.

**Amaranth** is a nutritious grain that provides plenty of **fiber, protein** and **micronutrients**; can reduce inflammation, lower cholesterol levels and helps the body fight against cancer.

# IRON KEEPS MOMMY HEALTHY

**Iron is very important to prevent anemia and for baby's growth and brain development.** Iron rich foods include:

- Meat, fish, poultry
- Legumes, Beans and lentils
- Nuts and Seeds
- Dark green leafy vegetables
- Whole-grain and enriched breads
- Soybeans
- Jackfruit
- Amaranth



# PROTEIN COMES IN MANY FORMS

**Animal products** are good sources of protein, including: mukene/fish, meat, milk, insects and rodents

**Other good sources of iron, protein and fiber:**

- Pulses, which include: dried beans, lentils, & peas
- Simsim (sesame seeds) (calcium)
- Sorghum
- Millet
- Rice



# FOODS THAT GIVE YOU ENERGY

Eat a mix of energy giving foods daily, such as:

- Tubers:
  - Cassava/Manioc
  - Sweet potatoes
  - Irish potatoes
- Whole wheat breads/grains
- cereal foods





# STAY HYDRATED

**Drink plenty of clean boiled/treated water every day.**

- Drink 6-8 glasses or 2 liters of clean boiled or treated water everyday to stay hydrated and boost your immune system.
- Avoid sugar-sweetened beverages or drinks such as: sodas, flavored juice mixes, or processed juice concentrates.



# MYTHS & MISCONCEPTIONS

Some people think you need to eat **DOUBLE** the normal when pregnant.  
This is **NOT TRUE!!**

**Gaining too much weight is not good for you or your baby!**

It's extremely important to eat a nutritious diet so that your baby will grow and develop into a healthy newborn.



# FOODS TO AVOID

**Avoid eating or drinking the following foods while you are pregnant:**

- foods made from white flour, such as white bread, chapatti, cakes and biscuits.
- deep-fried or greasy foods such as chips, fried chicken and crisps
- sugared or carbonated drinks or sodas
- processed meats such sausages, bacon, ham and frankfurters
- spicy foods give heartburn and indigestion



# FOODS TO AVOID AT ALL COSTS

**Do NOT EAT** any of the following  
at risk of harming your baby:

- Raw fish
- Raw eggs
- Organ meat
- Unwashed produce



- **Nutrition and dietary care for people living with or affected by chronic diseases**

- For people with Non-Communicable Diseases (NCDs) to achieve optimum nutritional status during the COVID-19 situation, the following general actions are recommended;
- Eat whole grains, millet, maize, sorghum etc.
- Eat meals rich in vegetables, fruits and mushrooms.
- Avoid food(s) rich in refined carbohydrates including foods made from refined wheat, such as white bread, chapatti, cakes and biscuits.
- Minimize consumption of deep-fried foods such as chips, fried chicken and crisps
- Avoid consumption of carbonated drinks e.g. sodas.
- Avoid processed meats such sausages, bacon, ham and frankfurters

- Exercise regularly to manage your weight and keep physically fit. An easy way to start exercising is to walk for 30 minutes a day (or for three 10-minute sessions if that is easier).
- Maintain contact with your doctor all the time for any advice.
- People living with chronic illnesses who are suspected or confirmed to be infected with COVID-19, may need support with their mental health and diet to ensure they maintain good health.
- Seek counseling and psychosocial support from appropriately trained health care professionals and community-based lay and peer counselors.

# HOW OFTEN DO I NEED TO SEE THE DOCTOR?

How often should I see the Doctor?

## Go for a checkup:

- Weeks 4 to 28: once a month.
- Weeks 28 to 36: Every 2 weeks.
- Weeks 36 to 40: Every week



# ACTIVITIES THAT ARE DANGEROUS

Is there anything else I should know about?

Some activities are very dangerous for the health of your baby.

- Do not smoke
- Do not drink alcohol
- Avoid extreme physical activity



# TAKE CARE OF YOURSELF

## Remember!

It's important to take care of yourself during pregnancy – follow your doctor's advice, eat a nutritious diet and avoid heavy physical activity. Your baby's health depends on you.

Eat nutritiously, stay healthy and enjoy your newborn!





# RESOURCES

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