



EAT WELL, GROW STRONG!



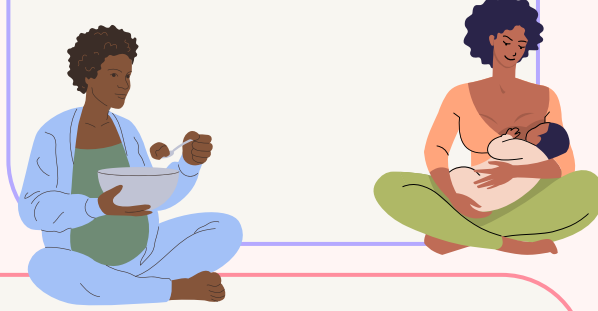
1. FOOD AND NUTRITION

- Eat a variety of food
- Your body needs the right balance of nutrients



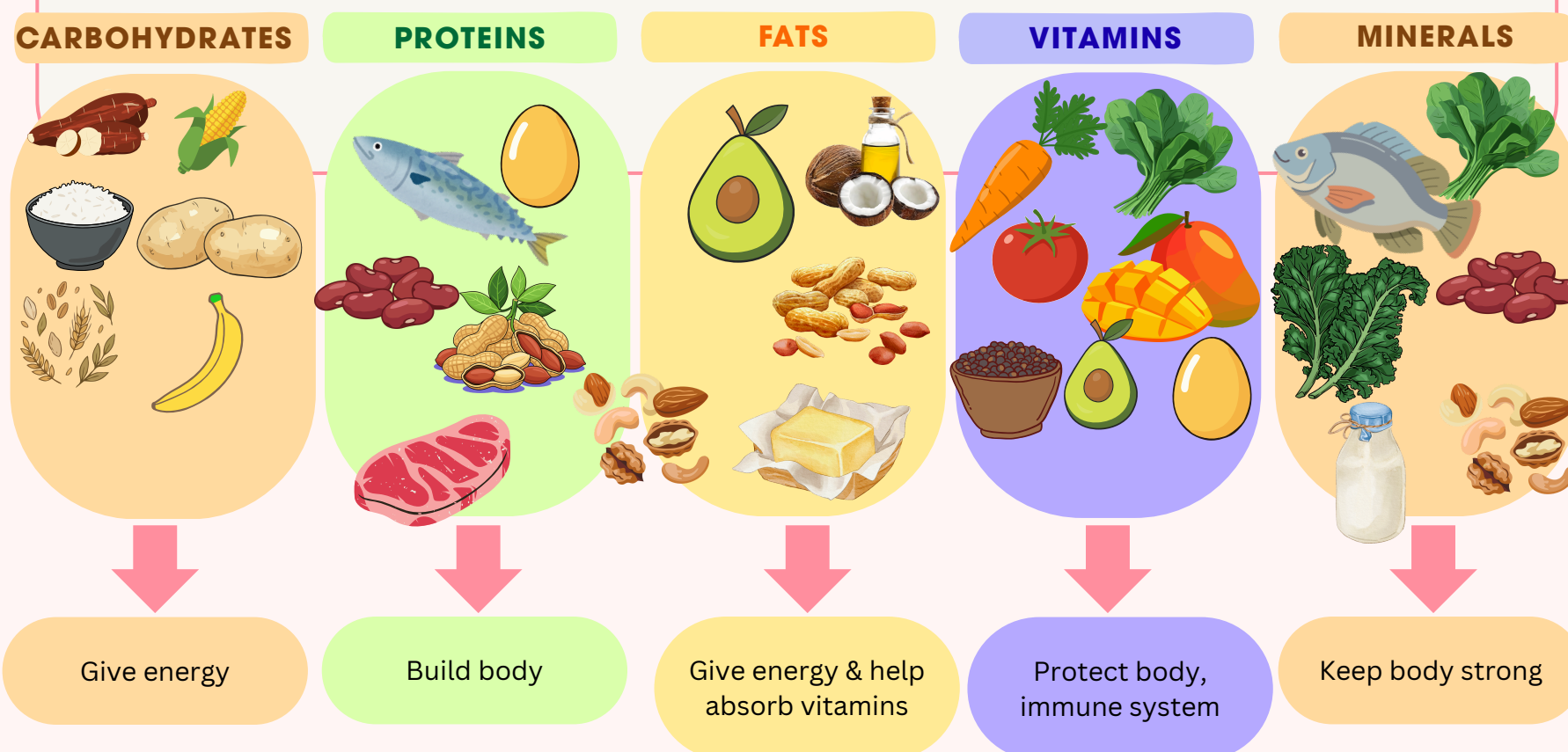
Eat a variety of local food and drink plenty of safe water.

It is recommended to **increase caloric intake** during **pregnancy** and **breastfeeding**.

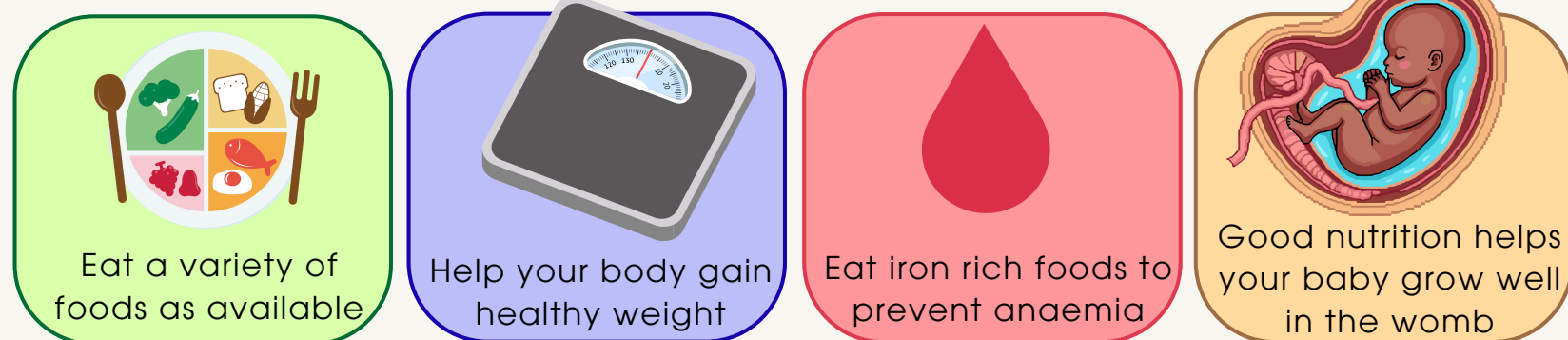


2. WHAT ARE THE NUTRIENTS?

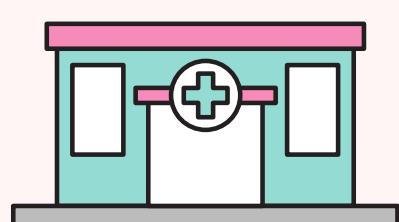
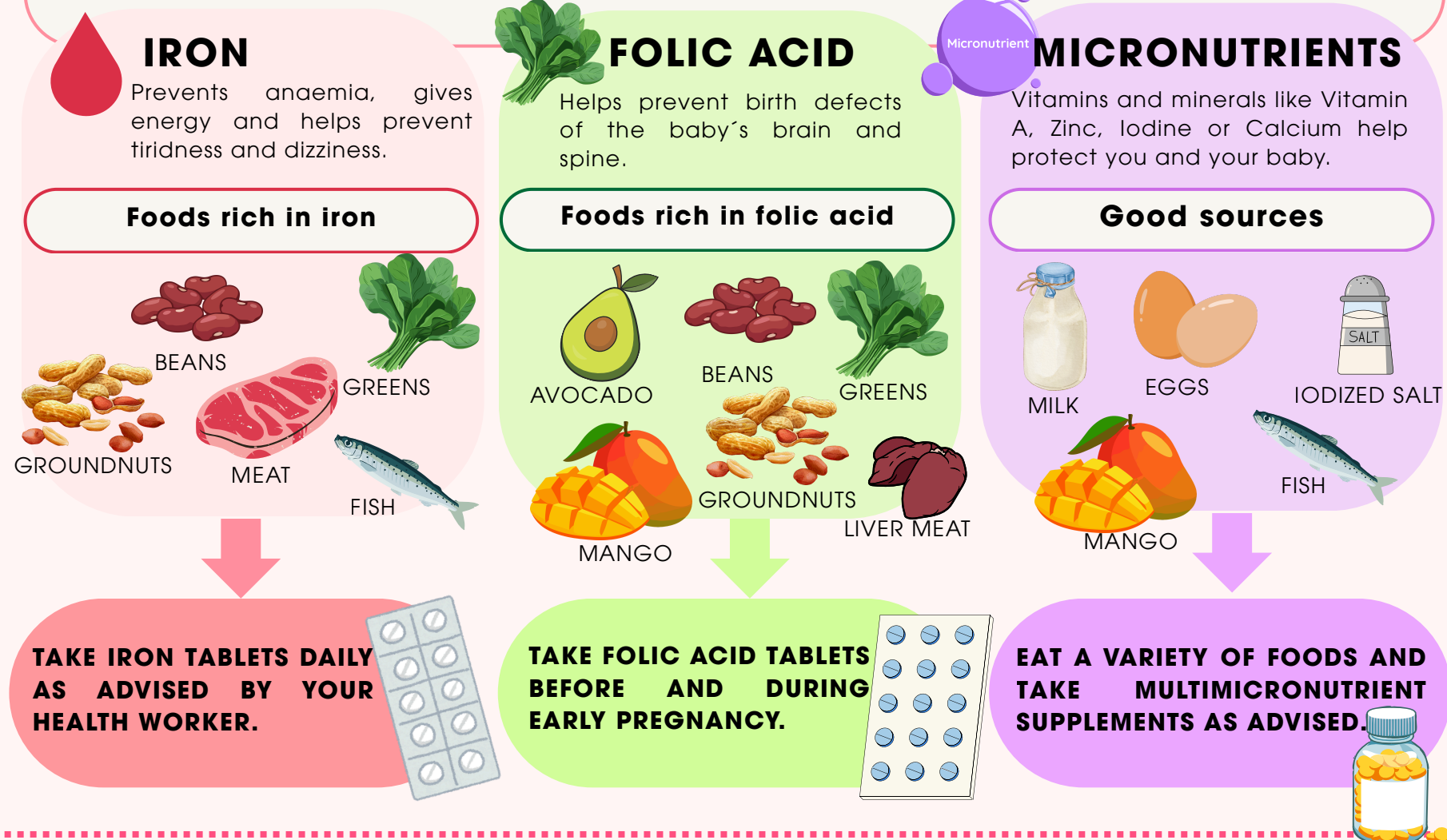
Nutrients are chemical substances found in food that the body uses to maintain all its functions: tissue repair, energy production, and growth.



3. NUTRITIONAL NEEDS DURING PREGNANCY



4. IRON, FOLIC ACID AND MICRONUTRIENTS: SMALL TABLETS, BIG BENEFITS



Go for antenatal care regularly.



Drink safe water and stay hydrated.



Rest well and sleep enough.



Avoid heavy work, and lifting heavy things.



Stay active.