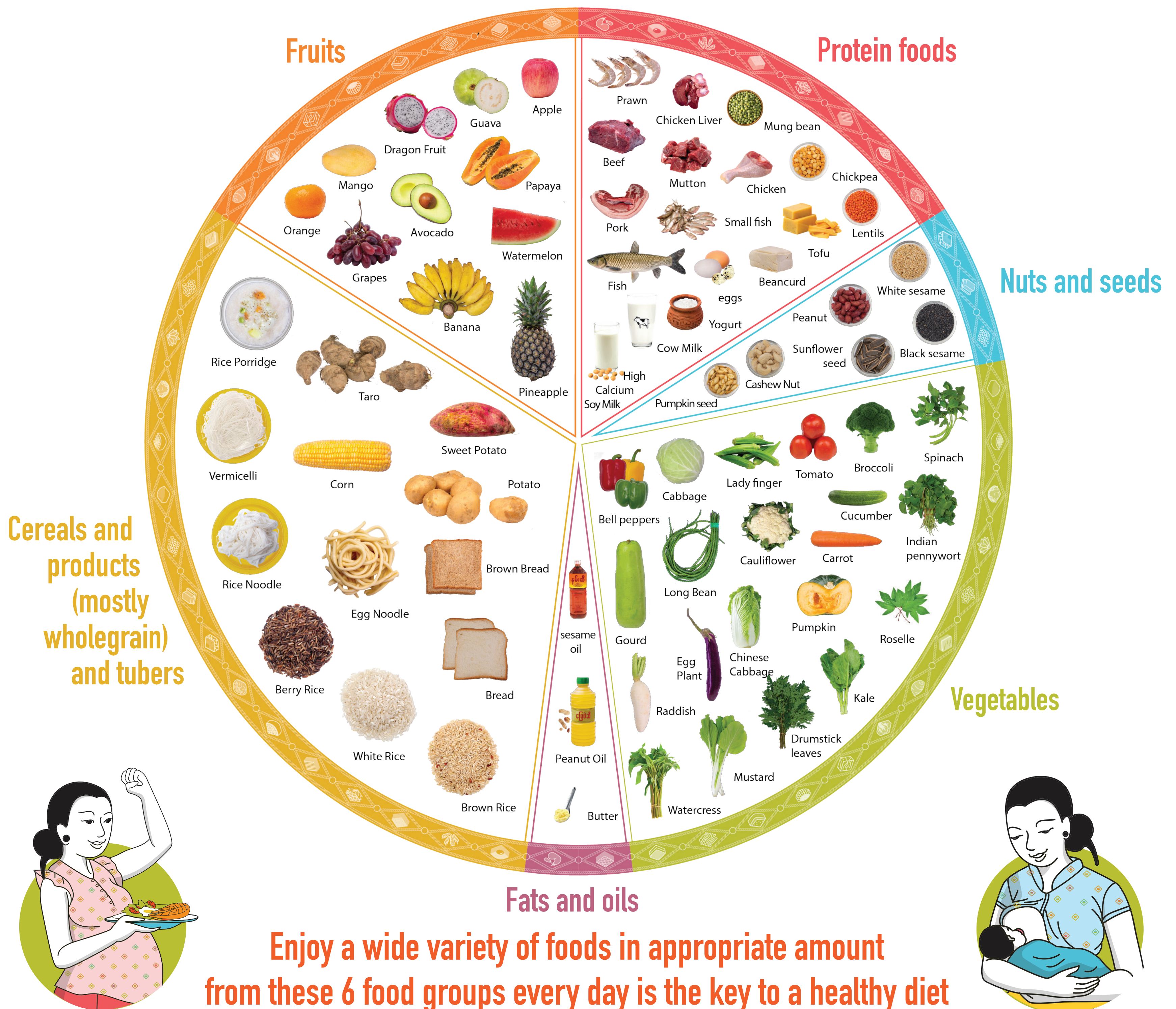




Myanmar food-based dietary guidelines for pregnant and lactating women



Enjoy a wide variety of foods in appropriate amount
from these 6 food groups every day is the key to a healthy diet

✓ Attention to these 4 vitamins and minerals that are important in the maternal diets



Iodine (For baby's brain development)
Fish, prawn, squid and shell fish from the sea. Use iodized salt for cooking and seasoning.



Iron (For healthy blood formation of the mother and baby)
Animal foods, e.g. oval meats (e.g. liver, kidney) or red meats (e.g. beef and goat), eggs. Plant-based foods e.g. pulses and beans, wholegrain cereals, nuts and seeds contain iron. Consume tea and 'tea leave salad' at least two hours before or after a meal - as tea leave inhibits iron absorption.



Vitamin B1 (For energy metabolism, proper functions of the muscle and nerve of the mother and baby)
Whole grains (e.g. brown rice and rice berry), pulses, legumes, nuts and seeds, meat, poultry and fish.

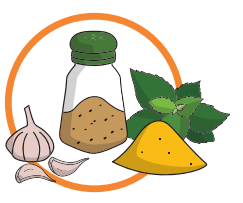


Vitamin A (For baby's growth and development, healthy immunity, vision and skin of the mother and baby)
Livers, eggs, milk and milk products; colorful (orange, red and green) fruits (e.g. mango and papaya) and vegetables (e.g. carrot, pumpkin, dark green leafy vegetables)

✓ Tips for healthy eating and active living



Enjoy colorful fruits and vegetables of different kinds - best when grown locally and in season.



Limit amount of sugar and salt intake and replace with herbs and spices in food preparation.



Engage in daily physical activity for healthy and active lifestyle.



Drink plenty of clean and safe water.



Attention to food safety and personal hygiene.

⚠ Eat less often and in small amount

Foods high in fats



Foods high in salt



Foods high in sugar



⊗ Certain items to avoid during pregnancy and lactation

