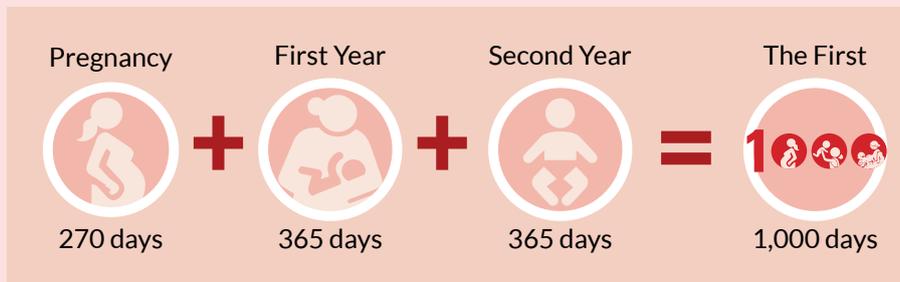




Poshan ke 5 SUTRA

First Golden 1000 days

- The child's physical and mental development is rapid during the first 1,000 days which includes period of pregnancy and two years post child birth. During this period, good health, adequate nutrition, a loving and stress-free environment and responsive care will help children realise their full development potential.
- Mother and child require optimal nutrition, care and support during this period.



Nutrient-rich Foods

- All age groups, including children from 6 months of age need to consume a variety of nutritious food in adequate quantities.
- These include various types of foods like roti/rice and yellow and black pulses, green leafy vegetables such as spinach, fenugreek, amaranthus and mustard, beets, carrots, yellow/orange fruits such as mango and ripe papaya.
- If non-vegetarian, consume eggs, meat and fish.
- Include milk, milk products and nuts in the diet.
- Consume Take Home Ration which is distributed at Anganwadi centres.
- When the child completes six months, in addition to breastmilk, give the child mashed and semi-solid complementary food prepared at home such as pumpkins, gourds, carrots, spinach and pulses, and if non-vegetarian, add eggs, fish and meat.
- Add one spoon of ghee/oil/butter to the child's food.
- Give the child food with less salt, sugar and spices.
- Introduce one food item at a time and gradually increase the diversity of food. Include different flavours, textures and colours to make the child's food more enjoyable.
- Do not give food such as biscuits, chips, savoury snacks and juices to the child, as these do not give adequate nutrients to them.



3

Anemia

- To prevent anemia, consume iron-rich foods such as pulses, green leafy vegetables like spinach, fenugreek, mustard etc., fruits, milk, curd, paneer and if non-vegetarian, then eggs, meat, and fish to build a solid body and smart mind.
- Add lemon, amla, guava and similar citric foods to the diet which help in absorption of iron.
- In addition, take prescribed iron supplements:
 - » 1 ml of IFA syrup twice a week to children of age 6-59 months
 - » One Pink IFA tablet every week to children 5-9 years of age
 - » One Blue IFA tablet very week to adolescents (10-19 years)
 - » One Red IFA tablet daily starting from the fourth month for 180 days to pregnant women
 - » One Red tablet daily after delivery for 180 days to lactating mothers
- Take prescribed dosage of albendazole tablets for deworming.
- Perform Umbilical cord clamping after 3 min of birth to improve iron stores in newborn in the first months of life
- Screening and testing of anemia is important in all age groups so that appropriate treatment may be initiated as per the hemoglobin level of the individual.



IFA syrup



Albendazole tablet



Pink IFA tablet



Blue IFA tablet



Red IFA tablet

4

Diarrhoea

- Maintain personal hygiene, home hygiene, food hygiene and consume safe drinking water to prevent diarrhoea
- Mothers should only give breast milk to children up to 6 months. Any other food, even water can cause diarrhoea in children of 0-6months.
- In case of diarrhoea, mothers should not stop breastfeeding and continue more frequent breast-feeding .
- To renew the body nutrients, more food than regular should be given to children above 6months along with breastfeeding for rapid recovery.
- ORS and extra fluids should be given to a child immediately at the onset of diarrhoea and continued till diarrhoea stops.
- Zinc should be given for 14 days to children suffering from diarrhoea, even if diarrhoea stops.



5

Hygiene and Sanitation

- Always consume safe drinking water stored in a covered container, kept at an elevated place and taken with a ladle.
- Always ensure cleanliness. Wash hands with soap before cooking food, after defecation, before feeding a child and after cleaning a child's stools.
- Wash the child's hands before feeding the child.
- Always use the toilet.
- Adolescent girls and women should practice personal hygiene during menstruation.



Sahi Poshan Desh Roshan