



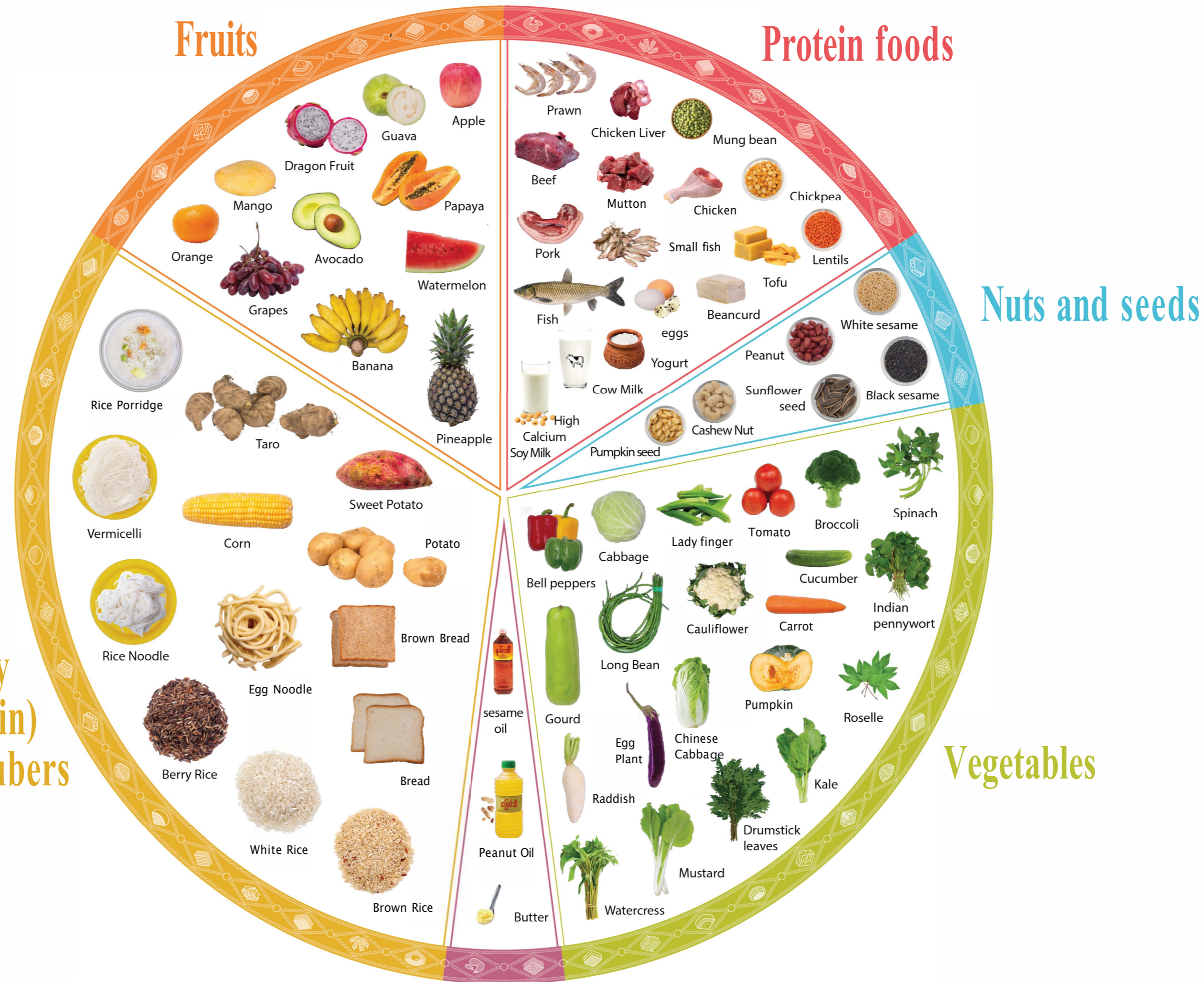
Myanmar food-based dietary guidelines for pregnant and lactating women



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.



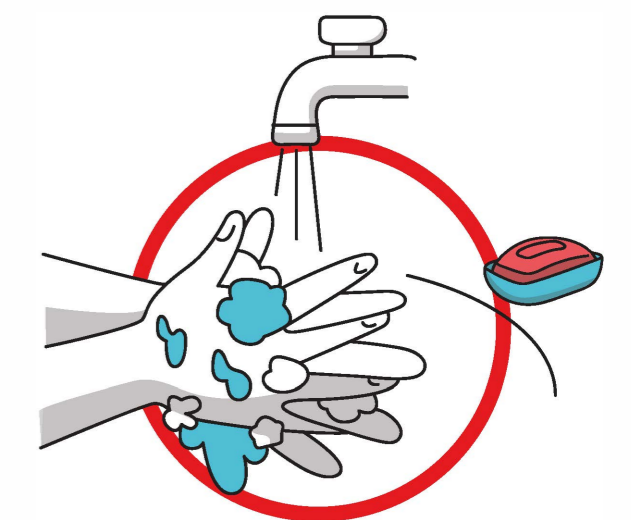
Cereals and products (mostly wholegrain) and tubers



Engage in daily physical activity for healthy and active lifestyle.



Drink plenty of clean and safe water.



Attention to food safety and personal hygiene.

Fats and oils

