

Myanmar food-based dietary guidelines for pregnant and lactating women



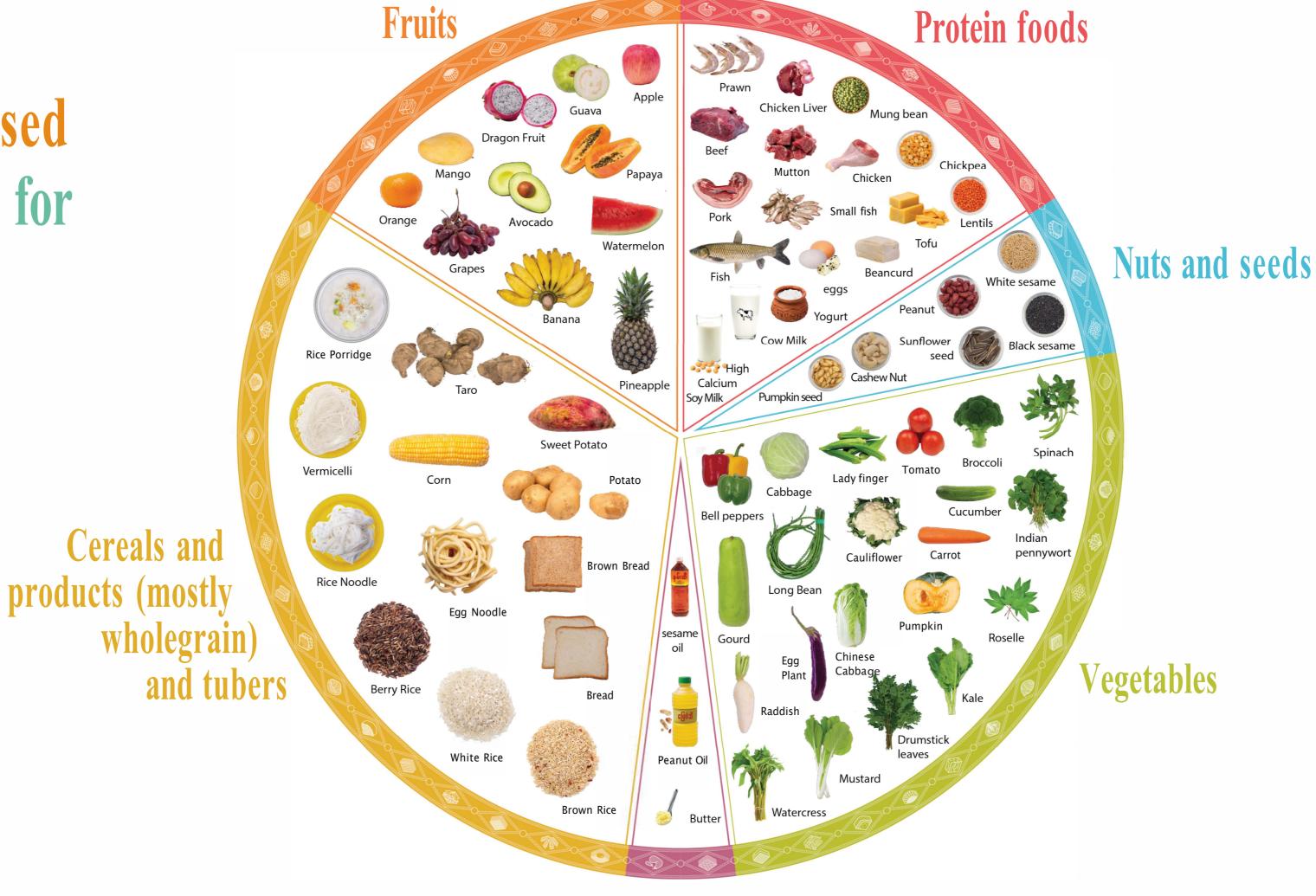
Enjoy colorful fruits and vegetables of different kinds - best when grown locally and in season.



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



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The Myanmar FBDG Interim Technical Task Force Members (HelpAge International, LIFT, PATH, Save the Children, UNICEF, UN Nutrition, WFP, WHO) contributed to the preparation of this document.



Engage in daily physical activity for healthy and active lifestyle.



Drink plenty of clean and safe water.



Attention to food safety and personal hygiene.

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