



Government of Nepal



FAO Nepal



Government of Spain

Nutrition Handbook for the Family



OSRO/NEP/801/SPA

Food and Agriculture Organization of the United Nations



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Introduction

Once you have planted your crops you often visit your farm to check if there is anything which is damaging your plant's growth. When you have a baby animal you are always preoccupied with its feeding and you regularly check that it is not getting any disease.

Why are you doing it? Because you want to get the best rice harvest and your baby animals to grow up well and healthy.

So, always remember:

The way you are the first person responsible for your crops and your animals, you are also responsible for your own health and nutrition and for that of each of your family members. This booklet provides you with practical guidance for good nutritional and health practices.

We therefore invite you to read the information contained in this handbook and everyday, don't forget to practise!!!.

For any questions, refer to your nearest Community Health Worker.

Thank you !

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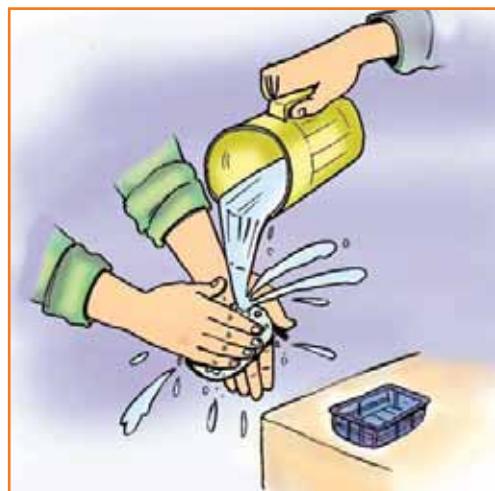
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Personal and household hygiene

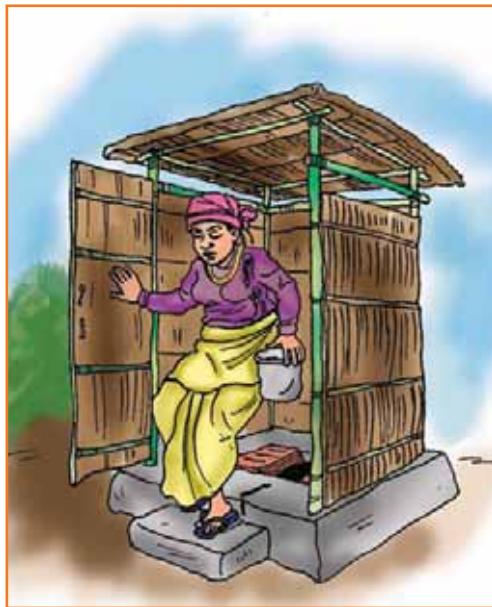
Good hygiene protects you and your family against diseases

Therefore :

- Wash hands with soap (or ash) and clean water and also teach your children to wash their hands properly
 - Before eating



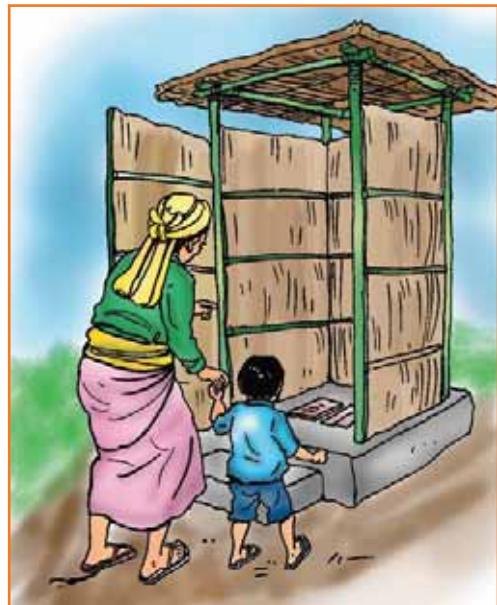
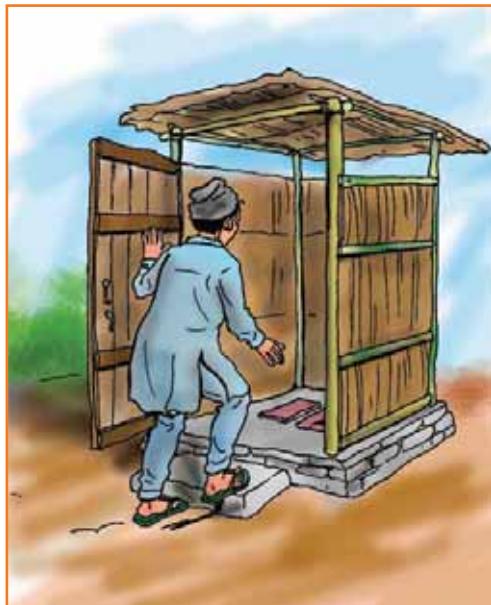
► After using the toilet and after washing the child's bottom



► After handling the animals



- Always use a latrine and teach your children to use the latrine



- Always dispose of rubbish in a pit and cover it



- Keep your nails shorter



- Keep poultry and animals separate from the house



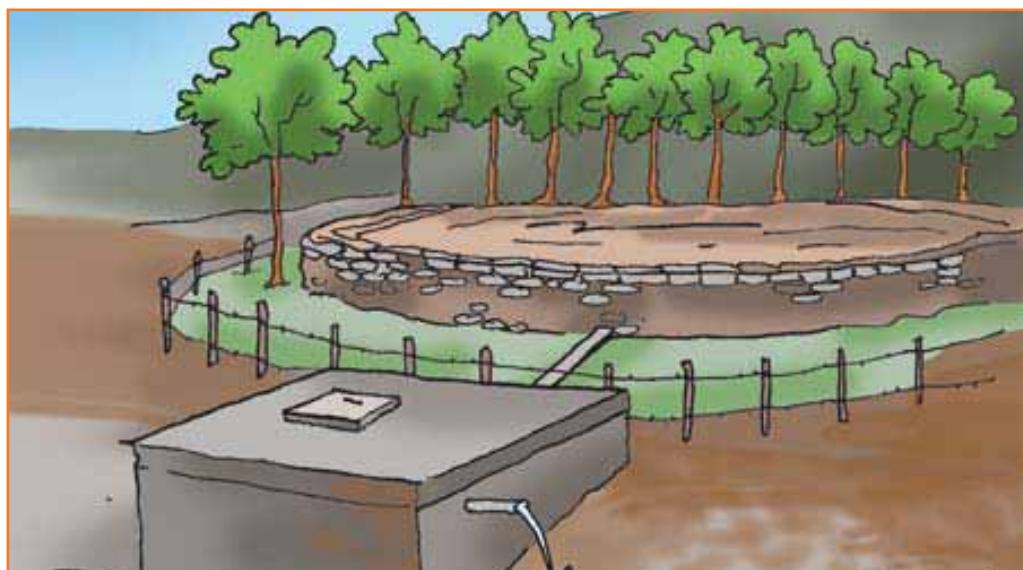
Keeping food safe and clean

Dirty foods and drinks can cause illness

Therefore:

Use clean and safe water

- Get water for drinking or for washing uncooked foods from a safe source



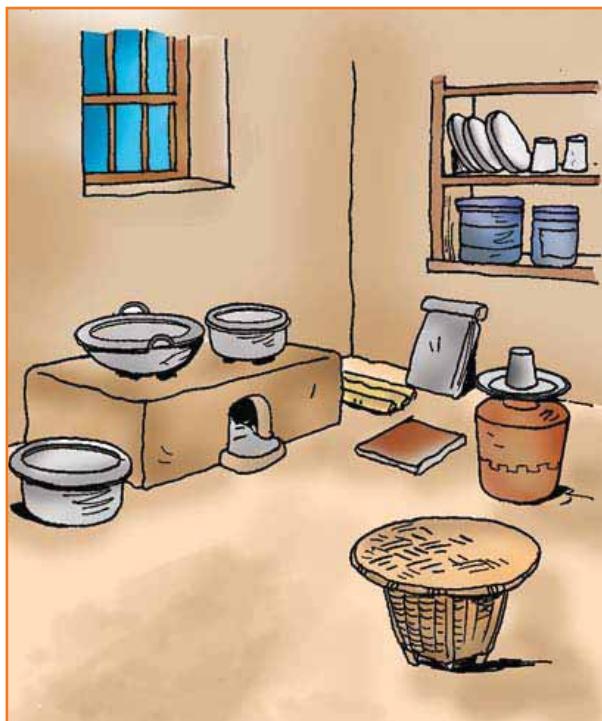
- Use clean, covered containers to collect and store water



- Boil water before drinking



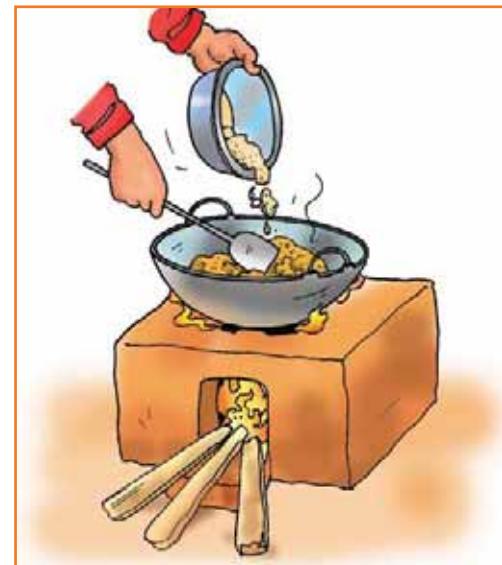
Store food safely



- Cover foods to protect them from insects, pests and dust

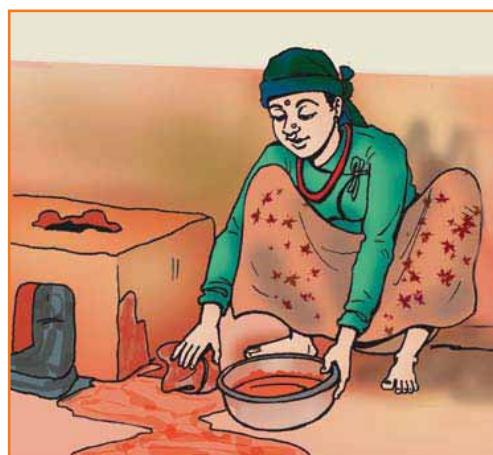
Always take fresh food for cooking

- Keep dry foods such as flours and legumes in a dry, cool place where they are protected from insects, rats and mice, and other pests
- Do not store leftover foods for long hours
- Always reheat them thoroughly until hot and steaming (bring liquid food to a rolling boil)

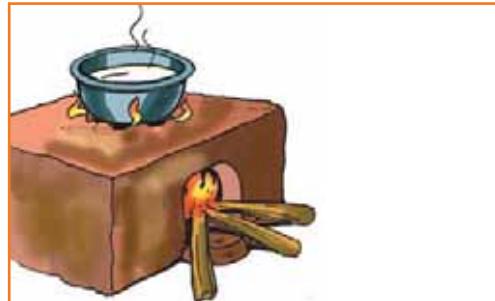
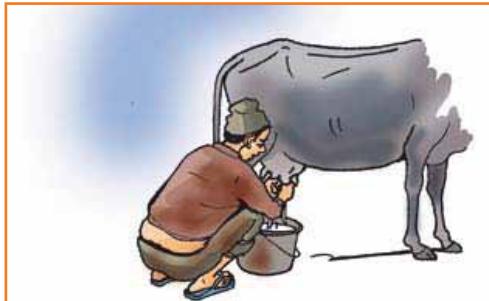


Prepare food in a clean and safe way

- Wash vegetables and fruits with clean water
- Peel them when possible
- Always wash hands before handling food
- Cover any wounds on hands before preparing food
- Always keep kitchen clean



- Use clean, carefully washed dishes and utensils to store, serve and eat food
- Always boil fresh milk before its use. Soured and fermented milks may be safer than fresh milk



- Boil eggs before eating
- Do not eat raw or cracked eggs because they can contain dangerous germs (called salmonella) that cause food poisoning



Use and store chemicals and pesticides in a safe place

- Chemicals and pesticides should be stored away from the reach of children
- Never put food or water in empty containers that have been used for chemicals
- Wash hands after using chemicals

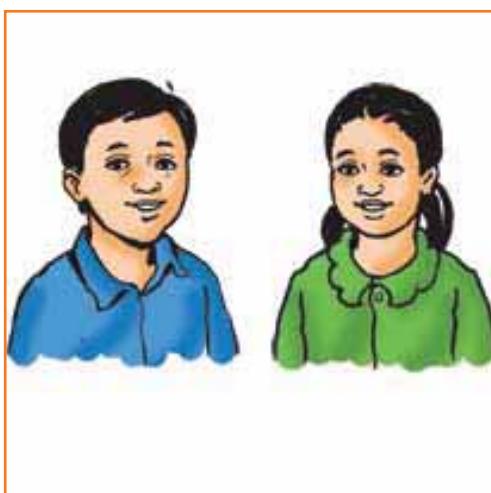


Foods are very important for the body

- Foods provide energy to perform work



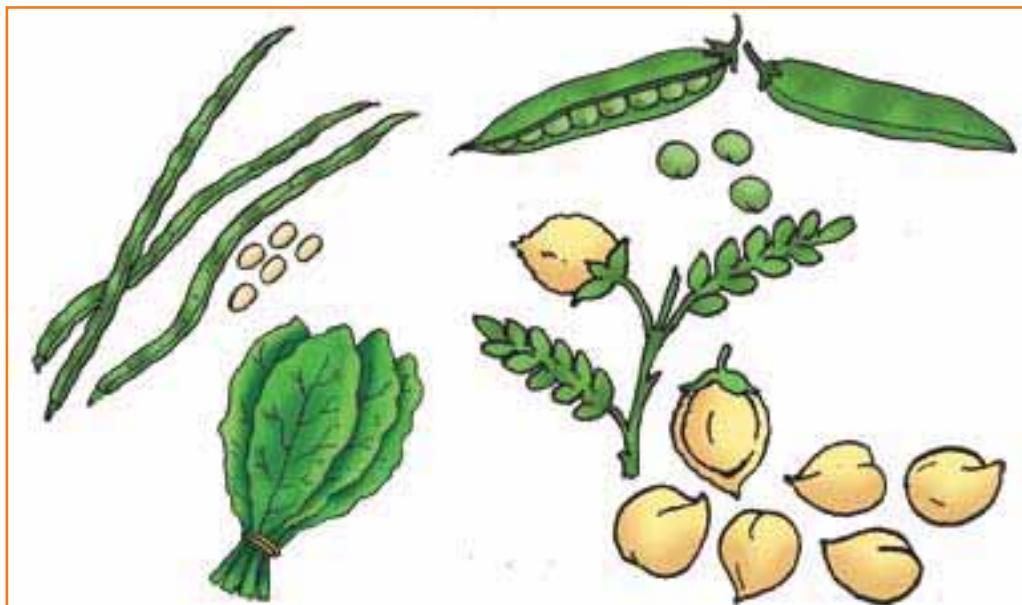
- Foods are essential for growth
- Foods protect the body against illness (Keep healthy)



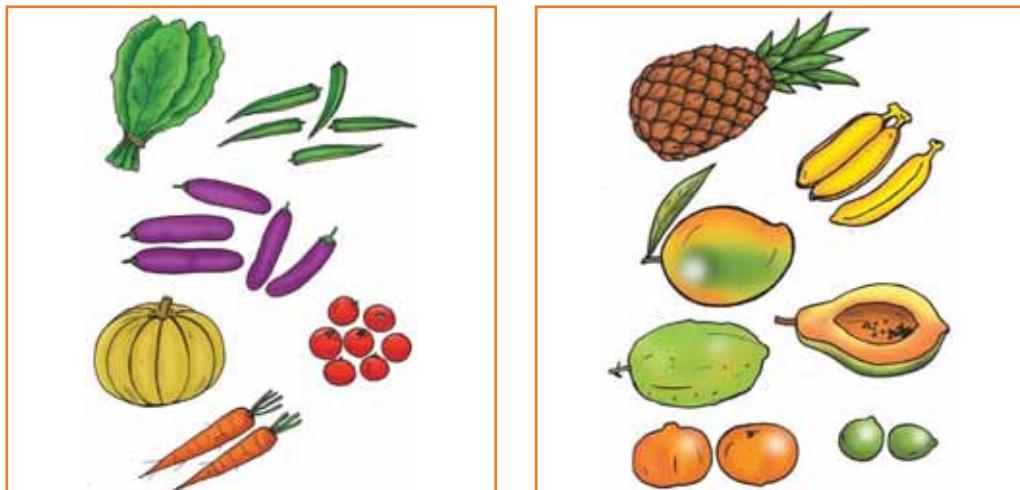
- Cereals and starchy roots mainly provide energy
- Cereals also help body growth and repair



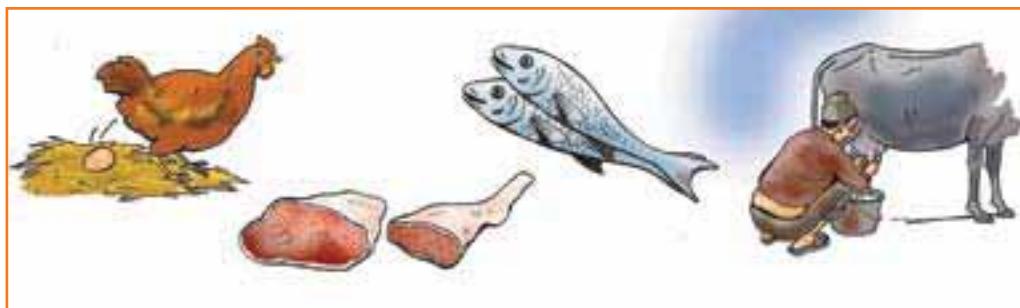
- Legumes mainly help the body to grow and repair



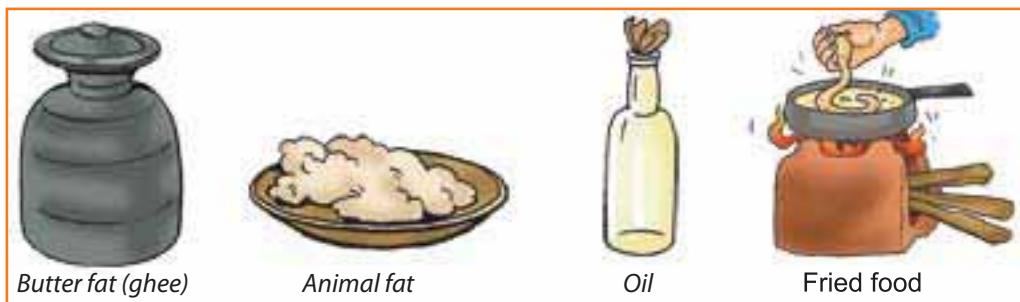
- Vegetables and fruits mainly protect the body against illness



- Animal foods mainly help the body to grow and repair
- They also provide energy and protect against illness

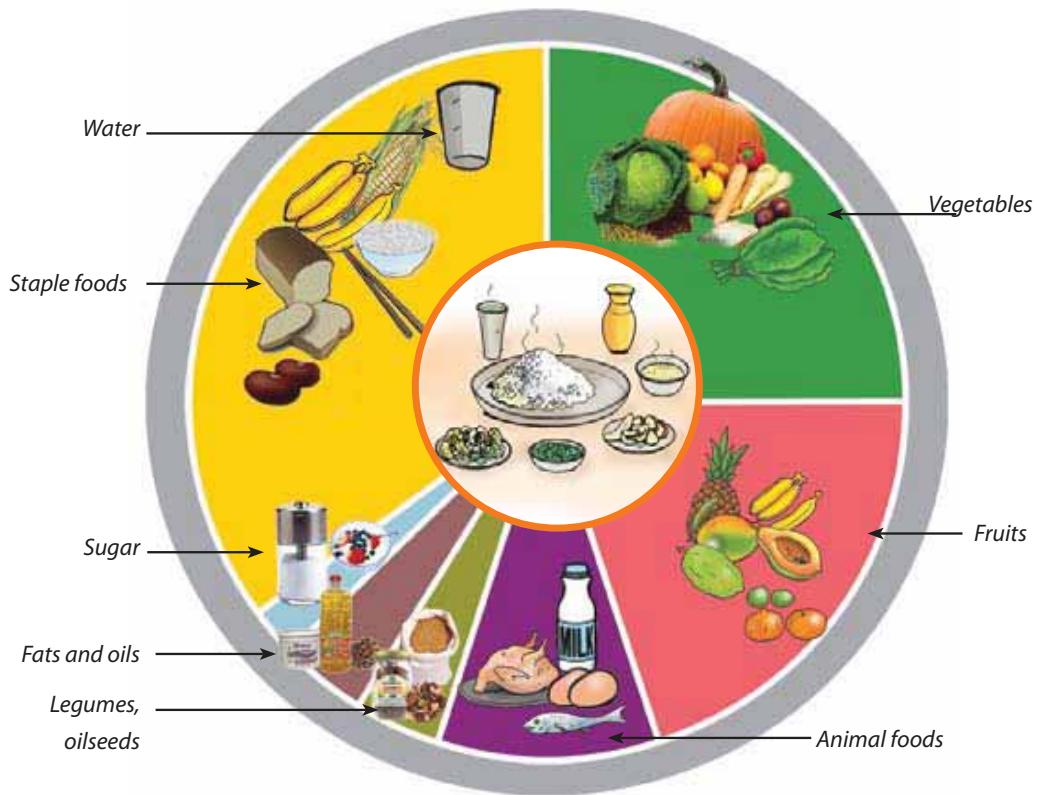


- Fat, oils, sugar and sugary foods mainly provide energy

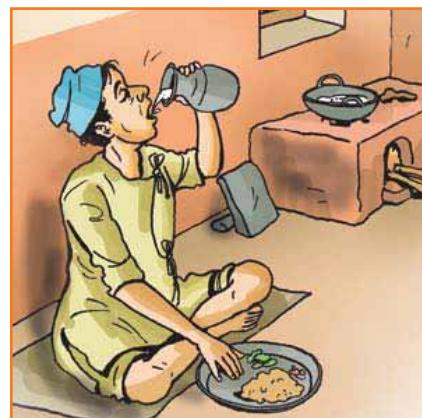


Healthy diet

- Eat a variety of foods every day

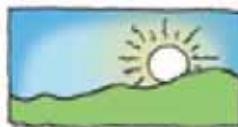


- Every day, drink plenty of boiled water (e.g. 8 cups a day)

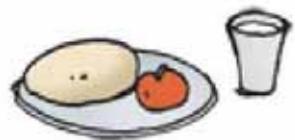


WARNING ! Alcohol is not good for health (especially for children, pregnant women and lactating mothers)

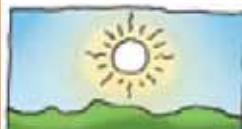
Have two or three meals a day and snacks in between



Snacks in the morning



Mid-day meal



Snacks in the afternoon



Meal in the evening



Iron makes the body strong

- Iron keeps the body strong and helps children learn
- Iron is found in :
 - ▶ Some animal foods like liver, blood and other offal flesh of animals, birds and fish, especially red meat and eggs



- ▶ Some plant foods like whole grain cereals (e.g. maize, millet, sorghum, wheat), legumes (e.g. beans, peas, lentils), dark green leafy vegetables (e.g. spinach, amaranthus, pumpkin leaves, kale)



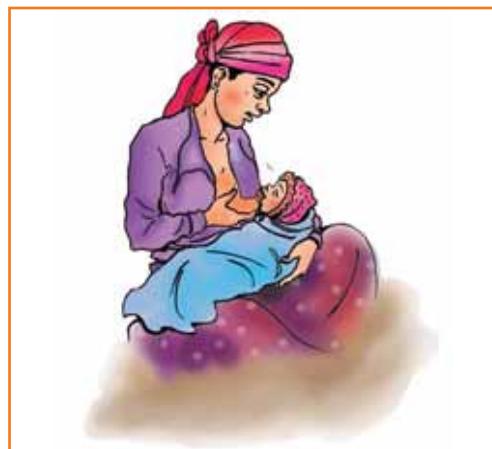
- Women and older girls should have more iron-rich foods than men because they lose iron during menstruation



- During pregnancy, pregnant women are often advised to take iron tablets



- For babies under 6 months the best source of iron is breast milk



Vitamin A keeps the body healthy

The body needs vitamin A because:

- It helps growth and protects against illnesses



For babies under 6 months the best source of vitamin A is breast milk, if the mother has enough vitamin A



Vitamin A can be found in a variety of animal foods

Animal foods that have plenty of vitamin A:

- Liver and kidney
- Eggs and milk
- Butter and cheese
- Whole dried fish (including liver)



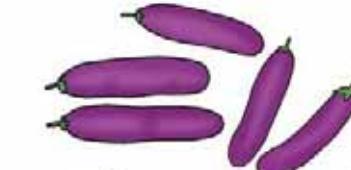
Vitamin A is also found in many plant foods

Plant foods that have plenty of vitamin A:

- orange and yellow vegetables (e.g. carrots, pumpkin, orange and yellow sweet potatoes)
- green leafy vegetables (e.g. spinach, amaranthus)
- orange and yellow fruits



Stinging nettle



Pigs weed



Chenopodium



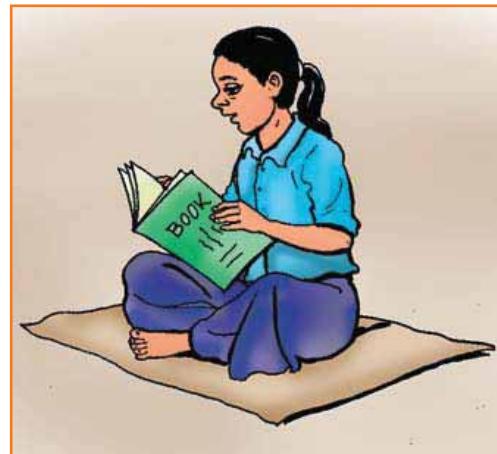
Amaranthus



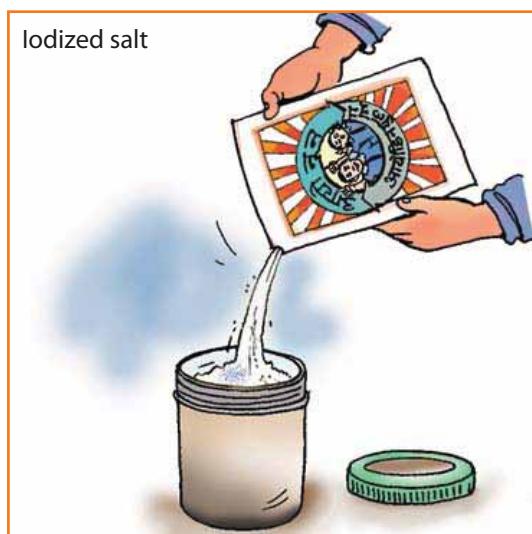
Colocasia

Iodine makes the body function properly

Iodine is important for physical growth and brain development



- Always buy and use iodized salt for cooking
- Add iodized salt to food when it is nearly cooked. Do not cook iodized salt too long, it destroys the iodine



WARNING ! Too much salt is not good for health

Food for pregnant women and breast-feeding mothers

- Pregnant women need extra and nutritious food for themselves and for the growing foetus



- Breast-feeding mothers need extra and nutritious food for themselves and for the infant

Therefore:

- Pregnant and breast-feeding mothers must eat healthy and balanced meals

Reminder! Don't forget to get immunized against tetanus and get iron tablets when you are pregnant

WARNING! Don't smoke and do not consume alcoholic beverages during pregnancy and lactation

Feeding babies aged 0-6 months

Breast milk is the only food a baby needs during the first six months

Therefore:



- Feed your baby only with breast milk during the first 6 months
- Put the baby to your breast immediately after birth
- Give the first milk (colostrum) to your baby
- Do not give any other water or foods in the first 6 months, it could make your baby sick (e.g. with diarrhoea)
- Breast-feed your baby any time when he/she wants, even during the night

Feeding young children aged over 6 months

A baby over 6 months needs breast milk and other foods

Up to six months, a baby should have
ONLY breast milk



After 6 months, in addition to breast feeding, the child needs other foods

Therefore:

From 6 months up to at least 3 years:

- Continue breast-feeding
- Feed a variety of foods including water



Complementary foods for children above 6 months

In the context of Nepal, super flour is recommended for the feeding of children of 6 months and above

How to prepare Super Flour ?

- **Step 1:** Take two parts of cereals and one part of legume (soybean)



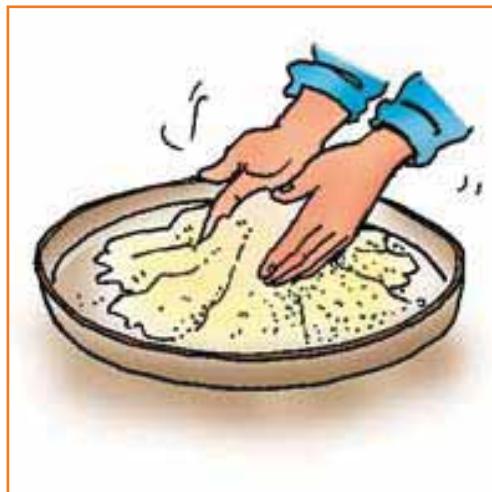
- **Step 2:** Roast them separately



- **Step 3:** Grind them separately



■ **Step 4:** Mix the flour



■ **Step 5:** Keep in a closed container



■ Along with super flour, give the children a variety of foods as shown below



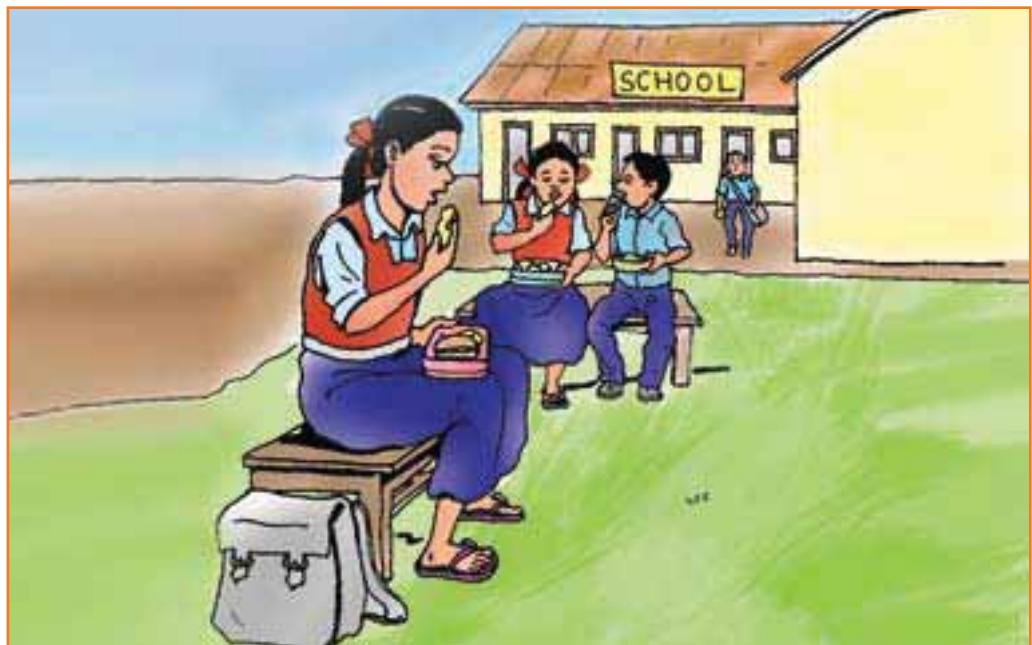
Feeding school-age children and youth

School-age children and youth need to eat healthy and balanced meals



Therefore:

- Give your child three meals a day and snacks in between



Adolescent girls need more iron-rich foods

- When they start menstruation, adolescent girls need more iron than boys

Therefore:

- Give girls iron-rich foods daily



Remember: Every six months, school-age children need to be provided with deworming tablets

WARNING! Eating many sticky, sugary and salty snacks (like sweets, chocolates, candies, sodas, lollies, crisps) is not good for a child

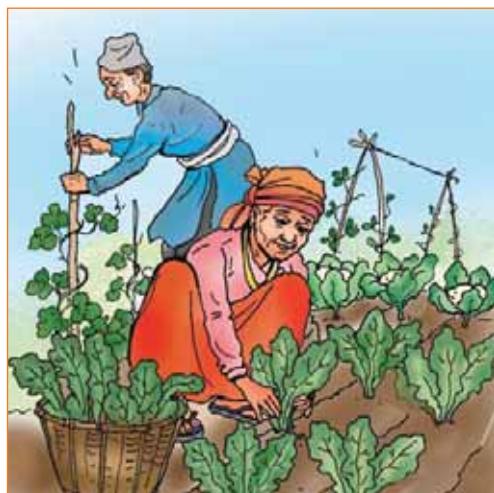
Food and care for older people

Older people need less food but they still need quality food

- To stay active and healthy, older people need to eat a balanced diet



- » Have smaller meals, 2-3 times a day, plus healthy snacks between meals
- » Eat a variety of foods in the right proportions
- » Drink plenty of clean water
- » Eat soft foods if your teeth are missing or your gums are sore
- » Prepare food hygienically to avoid sickness (e.g. diarrhoea)
- » Older people need to be active

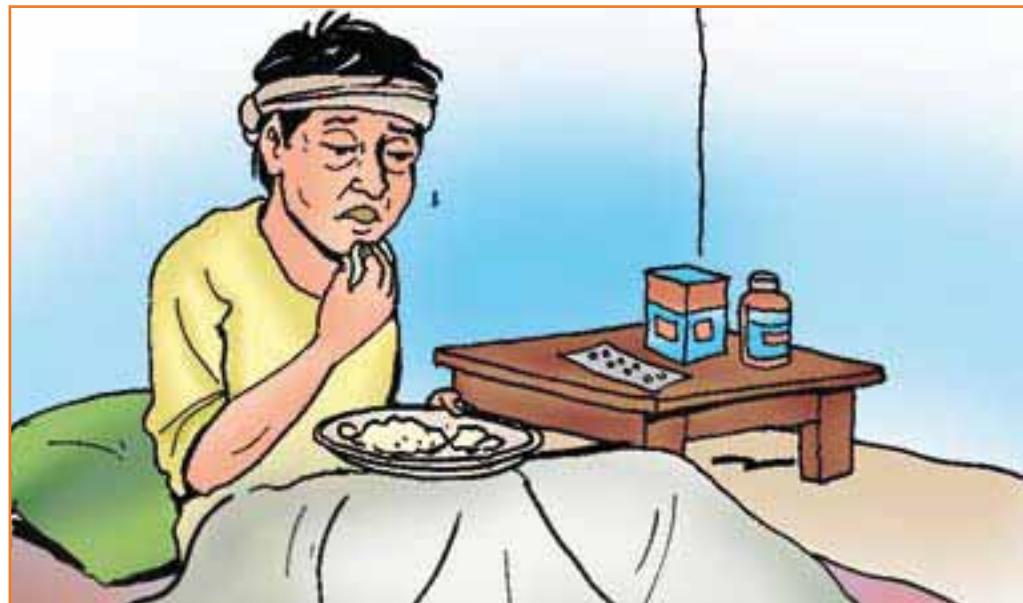


Feeding sick people

A sick person needs to eat well to recover from illness

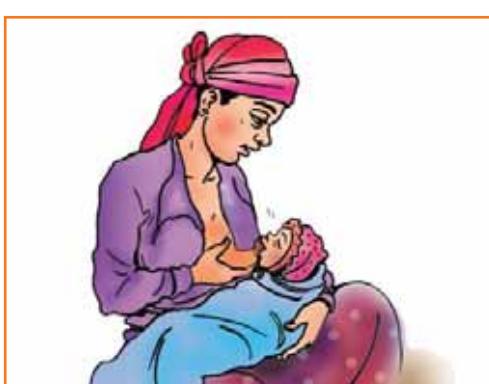
Therefore:

- » Feed small, frequent meals with a variety of foods
- » Provide plenty to drink every 1-2 hours (at least 8 cups per day), e.g. boiled water, fresh fruit juice, soup or watery porridge
- » People with diarrhoea or vomiting need to drink extra liquids frequently



If a child is sick:

- » Do not stop breast-feeding
- » Give him/her a variety of rich foods
- » Give him/her safe water

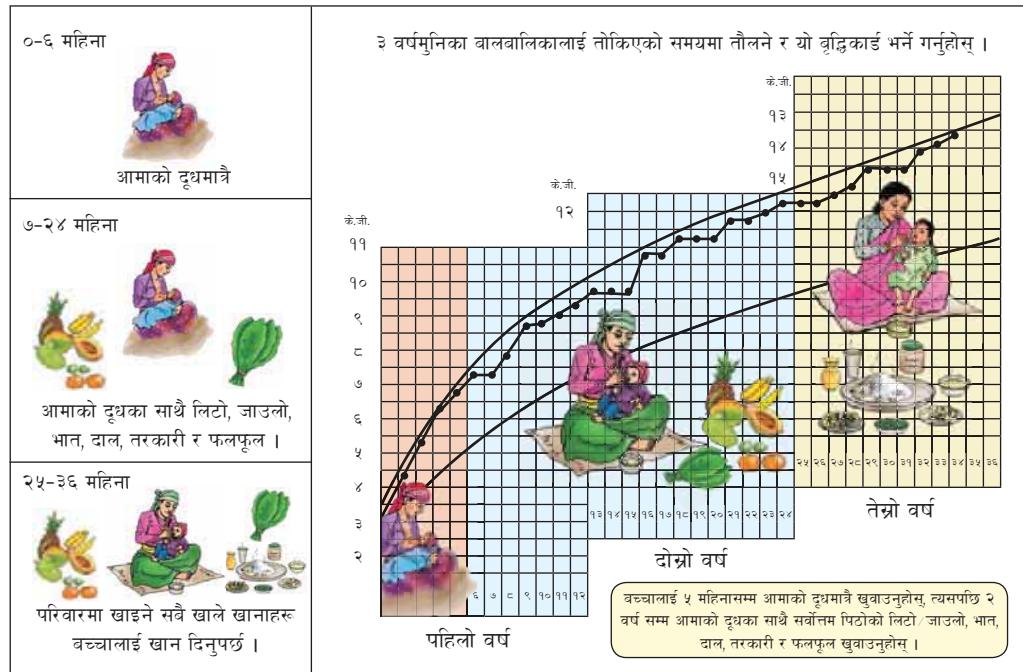


Preventing and managing malnutrition

Young children are at high risk of malnutrition, especially from the age of 6 months until the age of 3 years

Therefore:

- Care-givers should know the nutritional status of young children through regular weighing sessions
- After each weighing session, fill the growth chart on the yellow card



After three consecutive weighing sessions, if:



= Very Good



= Bad/Suspicious



= Very Bad

- Every child needs a series of immunisations during the first year of life to be protected against dangerous diseases



CHILD HEALTH CARD

- Child's Name:
- Date of Birth
- Sex:
- Father's or Mother's Name:
- Address: District VDC/Municipality Ward No. Tole
- Health Service Organization:
- Card Issued Date:

Service Registration No.	Vaccine	Nutrition (Vitamin A supplementation)	Other

Vaccine	Vaccination date (date/month/year)		
	1	2	3
BCG/..../.....		
DPT-HEP B/..../...../..../...../..../.....
Polio/..../...../..../...../..../.....
Measles/..../.....		
JE/..../.....		
Other/..../...../..../...../..../.....
...../..../...../..../...../..../.....

- Feed your child with a healthy and balanced diet to prevent malnutrition
- Always follow good hygienic practices to prevent diseases (diarrhoea) which cause malnutrition



WARNING! Treat severe malnutrition

- When a child is very thin and/or has both feet swollen, it may mean severe malnutrition. Immediately, take the child to the nearest health centre/hospital



- After the child has been discharged from the health centre/hospital, she/he should be fed properly with a variety of rich foods



