



WHAT IS GOOD NUTRITION

1. GOOD NUTRITION

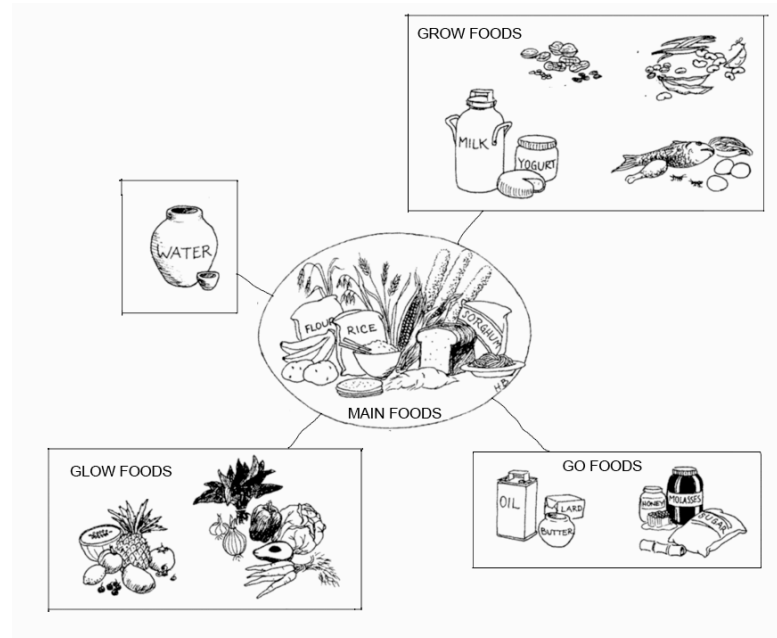
- Good nutrition means eating enough food and the right kind of food for the body to grow, be healthy, and fight off disease.
- There are many things people can do to eat better at low cost. By eating as best as you can, you will gain strength.



2. MAIN FOODS AND HELPER FOODS

(Grow foods and Glow foods and Go foods)

- Many people eat one main food every day. For example rice, maize, millet, wheat, cassava, potato, breadfruit, or plantain. This main food usually provides most of the body's daily food needs.
- By itself, however, the main food is not enough to keep a person healthy. Other 'helper' foods are needed to provide.
- **GROW FOODS** contain protein which helps the body grow. Fish, meat, beans, nuts, eggs and milk are grow foods.
- **GLOW FOODS** contain vitamins and minerals. They help the body fight infection and keep the eyes, skin and bones healthy and strong. Fruits and vegetables and GLOW foods. It is important to eat as many different fruits and vegetables as possible.
- **GO FOODS** contain sugars and fats which give the body energy.
- You only need a small amount of fat and sugar. But if you have problems getting enough food, it is better to eat foods with sugar and fat than to eat too little food.
- You do not need to eat all the foods listed here to be healthy. You can eat the main foods she is accustomed to, and add as many helper foods as are available in your area.
- Adding oil, salt and sugar in small quantities to your food will help give your body more strength.





POOR NUTRITION CAN LEAD TO ILLNESSES

1. ANEMIA

- A person with anemia has weak blood. This happens when red blood cells are lost or destroyed faster than the body can replace them.
- Signs of anemia:
 - pale inner eyelids, nails and gums
 - weak
 - tired
 - dizzy
 - shortness of breath
- Causes of anemia:
 - Not eating foods rich in iron (iron is needed to make red blood cells)
 - Malaria (destroys red blood cells)
 - Any kind of blood loss (heavy menstrual bleeding, childbirth, bloody diarrhea from parasites and worms, bleeding stomach ulcers, a wound that bleeds a lot)



Treatment/Prevention of Anemia:

Eat iron rich foods:

- Beans, peas, lentils
- Greens, seaweed
- Dried fruits
- Seeds, nuts
- Meat, poultry, fish, shellfish, small animals
- Cook in an iron pot

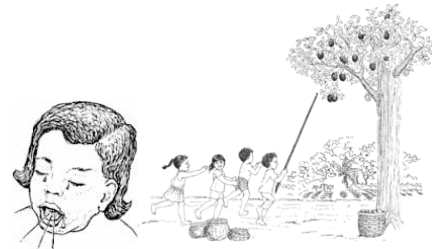


COLD OR COUGH

Treatment/Prevention a cold:

Eat foods rich in Vitamin C:

- Tomatos, oranges, papaya, mango, melon



NAUSEA

Treatment/Prevention of nausea:

Eat foods rich in Vitamin C:

- Tomatos, oranges, papaya, mango, melon



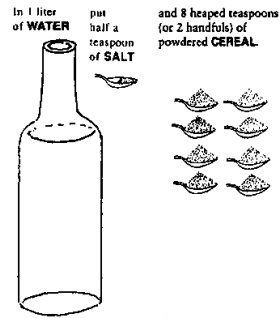


DIARRHEA

Prevention of diarrhea:
Boil, bake or peel all food
Make and eat food with clean hands

Treatment of diarrhea:
TAKE FLUIDS:

- Add 4 sugar and 1 salt to water
- Soups with gruel, rice, maize or potato



GOIDER

Prevention of goiter:
Used iodized salt.

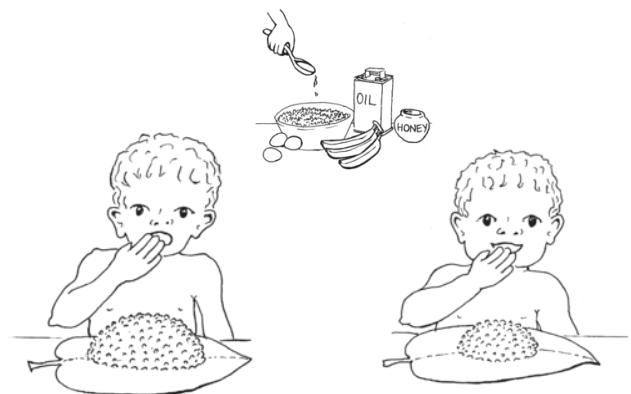
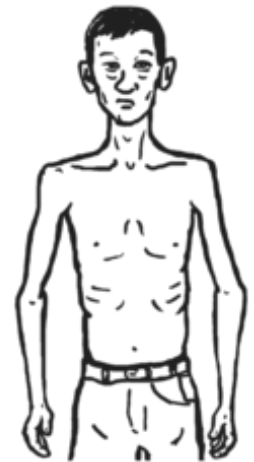


MALNUTRITION

- Malnutrition is when the body does not have enough food or the right types of foods to grow.
- Children, the elderly, pregnant women and people with HIV need to be especially careful about eating the right kinds of foods.
- When you are sick, do not avoid food. Food will help make you well.

TREATMENT - PREVENTION

- **PROTEIN:** choose something affordable to you: beans, eggs, fish, milk, cheese
- **ENERGY:** Add a spoon of sugar, honey or sweetener
- **VITAMINS/MINERALS:** These come from vegetables and fruits. Avoid meals only starch, although you feel full you can grow weak or sick. Add a spoon of oil.





WAYS TO IMPROVE NUTRITION

1. BETTER FOODS AT LOW COST

PROTEIN: people can usually be better nourished if they grow or buy plant foods like beans, peas, lentils, and groundnuts together with a main food such as maize or rice, rather than buy costly animal foods like meat and fish.

Try to eat a variety of plant foods. Different plants supply the body with different proteins, vitamins, and minerals. For example, beans and maize together meet the body's needs much better than either beans or maize alone. And if other vegetables and fruits are added, this is even better.

Beans, peas, lentils, and other legumes are a good cheap source of protein. If allowed to sprout before cooking and eating, they are higher in vitamins.

Breast milk. This is the cheapest, healthiest, and most complete food for a baby. The mother can eat plenty of plant foods and turn them into the perfect baby food—breast milk. Breastfeeding is not only best for the baby, it saves money and prevents diseases!

Eggs and chicken. In many places eggs are one of the cheapest and best forms of animal protein. They can be cooked and mixed with foods given to babies who cannot get breast milk. Or they can be given along with breast milk as the baby grows older.

EAT SMALLER MEALS MORE OFTEN

Even if a child regularly gets enough of the main food to fill her, she may become thin and weak. This is because the main food often has so much fiber in it, that the child's belly fills up before she gets enough energy to help her grow.

NO



If you have a little money and want to help your child grow strong,

YES

do not buy him a soft drink or sweets - buy him 2 eggs or a handful of nuts



NO



OKAY



YES



Children, like chickens, should always be pecking





2. GARDENS

- Family and community gardens are a good way to grow vegetables and other foods that can improve nutrition.



3. CROP ROTATION

- Try to grow a variety of foods. That way, even if one crop fails there will still be something to eat. Every other planting season, plant a crop that returns strength to the soil – like beans, peas, lentils, alfalfa, peanuts, or some other plant with seeds in pods.



This year: MAIZE



Next year: BEANS

4. FOOD COOPERATIVES

- The community can buy large amounts of food at lower prices.



4. COMPOST PILE

- Create a compost pile with peels and vegetable and fruit scraps.
- Use the compost as a natural fertilizer on your garden.





International
MedicalRelief

NUTRITION

Community Education Course

POSTER:

PRESENTER POINTS:



International
MedicalRelief

NUTRITION

Community Education Course

BACKGROUND RESEARCH FOR PRESENTER: