

Nutrition for the Family

What is Balanced Diet?

Making healthy choices and eating in the right portions is a way to make your diet healthy and balanced. It should provide around 60-70% of total calories from carbohydrates, 10-12% from protein and 20-25% from fat.

Dietary Guidelines for Indians (NIN, 2012)

- Eat variety of foods to ensure a balanced diet.
- Ensure provision of extra food and healthcare to pregnant and lactating women.
- Promote exclusive breastfeeding for 6 months and encourage breastfeeding till two years or as long as one can.
- Feed home based semi solid foods to the infant after 6 months.
- Ensure adequate and appropriate diets for children and adolescents both in sickness and health.
- Ensure moderate use of edible oils and animal foods and very less use of ghee/butter /Vanaspati.
- Avoid overeating to prevent overweight and obesity.
- Exercise regularly and be physically active to maintain ideal weight.
- Restrict salt intake to minimum.
- Ensure the use of safe and clean foods.
- Adopt right pre-cooking processes and appropriate cooking methods.
- Drink plenty of water and take beverages in moderation.
- Minimize the use of processed foods rich in salt, sugar and fats.
- Include micronutrient-rich foods in the diets of elderly people to enable them to be fit and active.

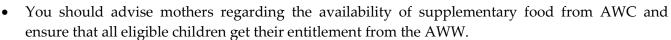


Keeping Food Safe & Clean

- 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.
- Cover foods to protect them from insects, pests and dust.
- Keep dry foods such as flours and legumes in a dry, cool place where they are protected from insects, rats, 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).
- Always wash hands before handling food.
- Cover any wounds on hands before preparing food.
- Never put food or water in empty containers that have been used for chemicals.

Steps taken by AWW in Spreading Nutrition Awareness in the Community

- Most nutrition related problems can be addressed through counselling during home visit.
- Educate families about exclusive breastfeeding, complementary feeding, demonstrate preparing complementary foods.
- Counsel the mothers to take the children for weighing at AWC at least once in every three months and look for under nourished children.
- Counsel mothers not to ignore nutritional needs of girl child.



- Track the undernourished children and ensure that they get the supplementary food regularly. The weight gain in these children should be checked at regular intervals.
- Give nutrition and health education regarding importance of micronutrients like iron and vitamin A. Give details about immunization schedule and its access.
- Advice regarding prevention of diarrhoea and importance of de-worming.

Importance of Diet and Nutrition during the Life Cycle

