



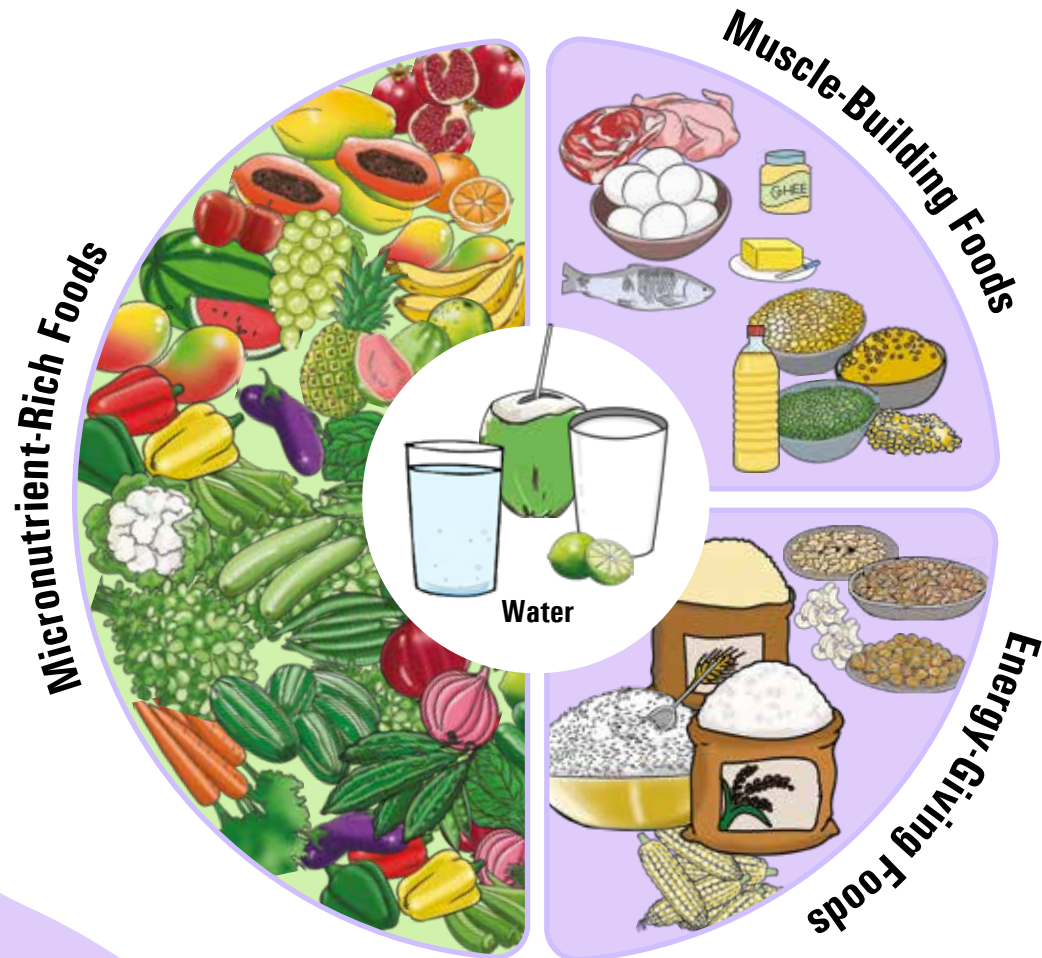
SBC Resource Package on Healthy Diets



Target Group: Pregnant Women
Materials: Dialogue Cards and Game

Power Up your Pregnancy with a Balanced Diet

EAT A VARIETY AND DIVERSE FOODS TO MAKE A BALANCED DIET



Pregnant Women Dialogue Card
Key Message No. 1

Let's know why a balanced diet is essential for good health

Initiate the conversation by asking the pregnant woman about her daily dietary habits. Encourage her to share any preferences she may have or any difficulties she may face in maintaining a balanced diet.



Energy-Providing Foods: include cereals and nutriceals such as wheat, paddy, barley, maize, jowar, pearl millet (bajra), finger millet (ragi/mandua) etc. These also include nuts, oils, and oilseeds like groundnut, rapeseed (toria) & mustard (sarson), soybean, sunflower, sesame (white til), niger seeds (ramtil) and linseed (flaxseed). Additionally, it is recommended to limit the intake of free sugars to less than 10% of total energy intake. Jaggery, a form of unrefined sugar, is also included in this group.



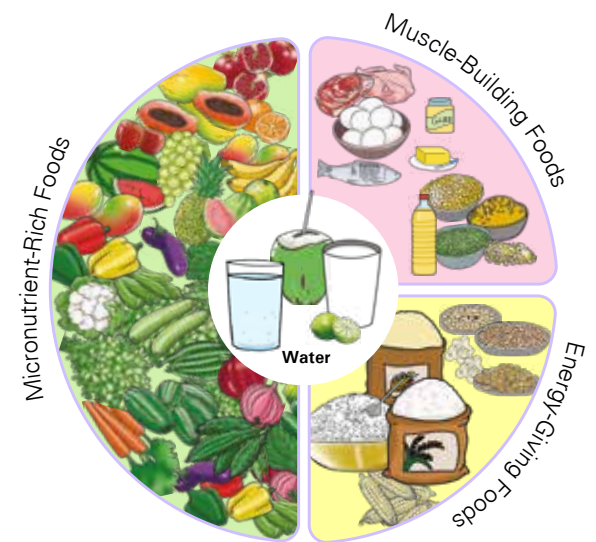
Muscle-Building Foods: Pulses and legumes such as Bengal gram (desi chickpea/desi chana), pigeon peas (arhar/toor/red gram), green beans (moong beans), chickpeas (kabuli chana), black matpe (urad/black gram), red kidney beans (rajma), black eyed peas (lobiya), lentils (masoor), and white peas (matar). Additionally, egg and meat products are also good sources of protein. Dairy products such as dahi, shrikhand, lassi, and buttermilk are also beneficial for muscle building.



Micronutrient-Rich Foods

FRUITS - Indian gooseberry (amla), jackfruit, banana, pomegranate, mango, watermelon, apple, peaches, pears, and papaya.

VEGETABLES - Spinach, methi leaves, drumstick leaves and other dark greens, carrots, sweet potatoes, drumsticks, beetroot etc.



REMEMBER

1. A balanced diet consists of diverse types of food that provide all the necessary nutrients from all the three food groups.
2. A fetus requires adequate nutrition, hydration, exposure to sunlight (for vitamin D), and supplements such as iron folic acid and calcium for optimal growth.
3. Every pregnant woman takes one iron and folic acid supplements daily for 180 days, takes two calcium tablets 4th month onwards and continues to consume calcium after delivery till the baby is six months.

Ensure Eating Healthy during Pregnancy

**PREGNANT WOMEN REQUIRE EXTRA NUTRITION AND HEALTH CARE
IN THEIR MOTHERHOOD JOURNEY**



Pregnant Women Dialogue Card
Key Message No. 2

During pregnancy, the nutritional needs of both the mother and the developing baby increase significantly. This means that pregnant women need to consume more nutrients, including protein, calcium, iron, and folic acid, to support the baby's growth and to ensure the mother's own health.



Optimal nutrition is crucial for the health of the pregnant woman and healthy development of the baby.

Traditional Indian foods like lentil-based dishes (dals), leafy greens, animal sources like meat, milk, yoghurt, and paneer, and a mix of fruits and vegetables provide valuable protein, iron, calcium, folate, and other essential nutrients.



Almonds, peanuts, walnuts, and pumpkin seeds are excellent sources of healthy fats.



Spices like turmeric, ginger, and cumin not only add flavour but also offer potential health benefits.



REMEMBER

Eat seasonal and locally available foods.

Eat foods that are rich in iron and vitamin C to prevent anemia.

Eat Galactagogues foods that stimulate and support breastmilk production. Traditional Galactagogues include edible gum, cumin, aniseeds, carom seeds, garlic, ginger, fennel seeds, fenugreek, moringa powder, and nuts.

Eat intuitively, avoid restrictive diets, and opt for smaller, frequent meals to aid digestion and managing common pregnancy-related discomforts like nausea and heartburn.

Frequency of food to be consumed

A pregnant woman should consume three main meals and two snacks throughout the day. Intake of additional meals meets the growth requirement of the mother and baby and prevents undernutrition.

Safeguarding Pregnancy Health with Nutrient-Rich Choices

RESTRICT SALT INTAKE AND MINIMISE INTAKE OF PROCESSED FOODS HIGH IN FATS, SALTS, SUGARS AND SUGAR-SWEETENED BEVERAGES



Pregnant Women Dialogue Card
Key Message No. 3

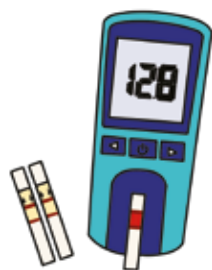
For a healthy and fulfilling pregnancy, avoid packaged foods high in salt, sugar, fats and sugar-sweetened beverages. Prioritising freshly prepared whole foods is the key.



Ask about eating habits related to consumption of packaged foods like chips, biscuits, namkeens, etc.

▶ Minimise packaged options (Maggi, chips, biscuits, namkeens) as they:

- Contain excessive sodium, unhealthy fats
- Lack essential nutrients
- May contain harmful additives or preservatives



While sugary and salty beverages can be tempting treats, remember that:

- ▶ Excess sugar can contribute to gestational diabetes and weight gain, potentially affecting you and your baby's health.
- ▶ Sugary drinks often bloat you, causing discomfort during pregnancy, and salty beverages can contribute to high blood pressure, a risk factor for pre-eclampsia.



 **REMEMBER**

Choose fresh, whole foods during pregnancy.

Prioritise locally available seasonal fruits, vegetables, nuts, dairy and whole grains over processed foods.

Involve family, check expiry dates on food packages, and seek guidance from your doctor for concerns about specific ingredients or packaged foods for a safe pregnancy.



Nurturing you and your Baby

STAY PHYSICALLY ACTIVE AND EXERCISE TO MAINTAIN IDEAL BODY WEIGHT; DRINK PLENTY OF WATER AND OTHER HEALTHY BEVERAGES



Pregnant Women Dialogue Card
Key Message No. 4


Let's Talk about keeping you and your baby healthy during pregnancy.



? Ask the pregnant woman about her physical activities and how much water and other beverages she takes daily

EDEMA If you experience pedal edema (swelling in your feet and ankles), consult your doctor about adjusting your fluid intake.

Regular exercise during pregnancy benefits you and your baby in these key ways:

 Reduces back pain. Eases constipation. May decrease risk of gestational diabetes, pre-eclampsia, and Cesarean birth.

 20-25 minutes of yoga or walk can be done every day

Fluid needs increase during pregnancy to support fetal circulation, amniotic fluid, and a higher blood volume. Pregnant women should consume 8–10 glasses of water each day. Additionally, consume other fluids like coconut water, buttermilk, kokum sharbat, lemon water, etc to stay hydrated.



Dry mouth, dizziness, contractions, and decreased urination are signs of dehydration during pregnancy. Speak with a doctor if you're having trouble staying hydrated due to nausea.



Dehydration can lead to lower levels of amniotic fluid, which can influence the baby's development, lead to preterm labour, and can affect the production of breast milk after delivery.

REMEMBER



Rest for **two hours** in the **day** and **sleep** for **eight hours** at **night**, as sleeping ≤ 6 hours is associated with preterm birth



While staying hydrated is essential, seek help from your doctor to tailor your water consumption to manage swelling without compromising your baby's needs.



All pregnant women should be counselled to undertake regular physical activity as it helps in improving physical fitness, preventing metabolic disorders, reducing stress, developing the strength to carry extra weight gain through pregnancy and facilitates labour.



Consume safe drinking water (boiled & cooled water) and drink plenty of fluids to stay well hydrated.



Sleep and adequate rest play a vital role in maternal health and fetal development.

Safeguarding Pregnancy by Preventing Foodborne Illnesses

ENSURING FOOD SAFETY AND PRACTISING GOOD FOOD HANDLING IS ESSENTIAL FOR PREVENTING FOODBORNE ILLNESSES



Pregnant Women Dialogue Card
Key Message No. 5

Let's ensure a healthy pregnancy by preventing foodborne illnesses



Ask the pregnant woman about things she keeps in mind while handling food?



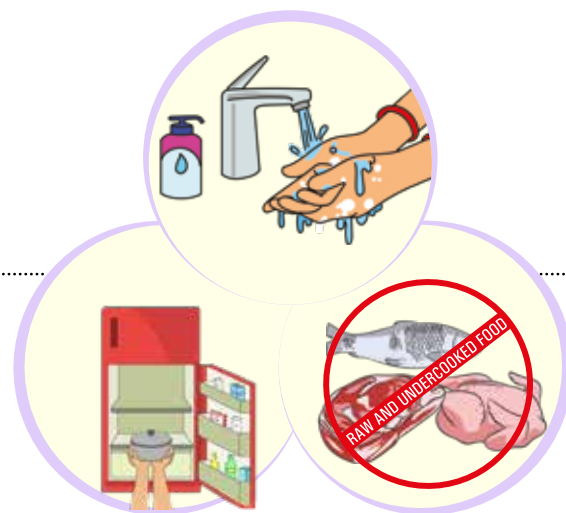
Wash your hands frequently with soap and water, especially before and after handling food items, including raw food items. This simple yet effective step prevents the spread of harmful bacteria that can cause foodborne illnesses.



Refrigerate leftovers within two hours of cooking. This prevents the growth of bacteria that can multiply at room temperature and cause food spoilage or other illnesses.



Avoid eating raw and undercooked animal products like fish, meat, eggs, and unpasteurised milk. These products can harbour harmful bacteria like Salmonella and E. coli, which can cause serious illness for both you and your baby.



REMEMBER

Pregnancy is a crucial time for a woman, and it is essential to take care of herself and the developing baby.

One way to ensure a healthy pregnancy is to practise good food handling techniques to prevent foodborne illnesses.



Health and Hygiene during Pregnancy

**PRACTISING SANITATION AND PERSONAL HYGIENE TO
MAINTAIN GOOD HEALTH DURING PREGNANCY**



Pregnant Women Dialogue Card
Key Message No. 6

Let's discuss about the hygiene and sanitation practices to be followed during pregnancy

Things to keep in mind while maintaining personal hygiene



Always wash your hands with soap and water



Take bath daily and wash your hair frequently



Keep your nails trimmed



Use toilets, do not defecate in open



Avoid walking bare foot, always wear slippers/footwear



Brush your teeth twice daily and rinse your mouth after every meal

Hand washing and good hygiene practices reduce and prevent the spread of infections and diseases. Maintaining good personal hygiene and sanitation behaviours is essential for a safe pregnancy



How often should you wash your hands with soap and water?



REMEMBER

During pregnancy, it is important to maintain good personal hygiene. Maintaining good sanitation and body hygiene practices help prevent infection.

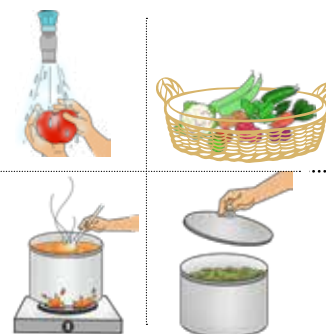
Food Handling Tips for Enhancing Nutrient Absorption

**ADOPT RIGHT PRE-COOKING PROCESSES AND
APPROPRIATE COOKING METHODS**



Pregnant Women Dialogue Card
Key Message No. 7

Let's enhance nutrition in our food by following few simple tips



Ask the pregnant woman to share some of the practices she follows for enhancing nutrient absorption in her diet



REMEMBER

- During pregnancy, it is important to get most of the nutrition from your food.
- Keep in mind these precooking methods to retain optimum nutrition from the food you cook.
- Along with eating a diverse diet, it is important to take necessary supplements like IFA, Calcium and multivitamin for optimum nutrition.



These are some food handling tips you can practise to enhance nutrient bioavailability



Soak beans, lentils, and grains overnight. This unlocks hidden nutrients like iron and calcium, making them easier for your body to absorb and utilise for both you and your growing baby.



Minimise chopping and slicing of fruits and vegetables. This reduces the surface area exposed to air and light, slowing down the degradation of vitamins, especially vitamin C.



Steam vegetables until tender-crisp instead of overcooking them. Steaming gently cooks food while preserving valuable vitamins and minerals that can be lost with long cooking times.

FRUITS AND SEEDS

Who is it for: Pregnant Women



Materials Required

- Seeds to represent barriers
- Fruits to represent solutions

Key Message

Eat a diverse range of foods for a balanced and healthy diet.



Objective

To illustrate the importance of consuming a diverse range of nutritious foods during pregnancy for optimal health of the mother and growth of the baby.

Instructions

- Divide the participants into two groups: Group A is called Seeds and Group B is called Fruits.
- Each group should comprise 5 to 7 participants.
- Set up a designated area with a line drawn on the floor to represent the starting point.
- Group A will get different seeds to represent barriers or hurdles faced in maintaining a balanced diet during pregnancy. These barriers can include limited access to certain foods, cultural beliefs, social norms, family traditions or personal preferences.
- Group B will get fruits to represent solutions or strategies to overcome the barriers or hurdles identified by Group A. These solutions can include incorporating locally available seasonal foods, seeking guidance from doctor and other healthcare professionals like ASHA, AWW and ANM, or engaging in community support programmes, and involving immediate family in the pregnancy journey.
- One member from Group A will place a seed on the line drawn on the floor and explain the barriers they are facing that prevent them or makes it difficult to consume a balanced diet during pregnancy.
- Members of Group B will then discuss and suggest a fruit (solution) to overcome the barrier shared by Group A. They will then place the fruit next to the seed.

Note for Facilitator



- Encourage discussion and collaboration between the groups to identify different barriers, and explore different solutions and strategies.
- Repeat the process with different participants from the group until all participants have shared their barriers and all barriers have been addressed with corresponding solutions.
- Facilitate a debriefing session to reflect on the importance of consuming nutritious and diverse foods during pregnancy and how different barriers can be overcome to achieve a balanced diet for overall good health of the mother and growth of the baby.
- Emphasize the key message: **EAT A DIVERSE RANGE OF FOODS FOR A BALANCED AND HEALTHY DIET.**