



# 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

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- 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.
- You should advise mothers regarding the availability of supplementary food from AWC and ensure that all eligible children get their entitlement from the AWW.
- 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

For being physically active and healthy  
(Nutrient – dense low fat foods)



For maintaining health, productivity and prevention of diet-related disease and to support pregnancy and lactation  
(nutritionally adequate diet with extra food for child bearing.  
Rearing)



For growth spurt, maturation and bone development  
(body building and protective foods)



For growth , development and to fight infections  
( energy-rich, body building and protective foods – milk,  
vegetables and fruits)



For growth and appropriate milestones  
(breast milk, energy rich foods – fats, sugar)

