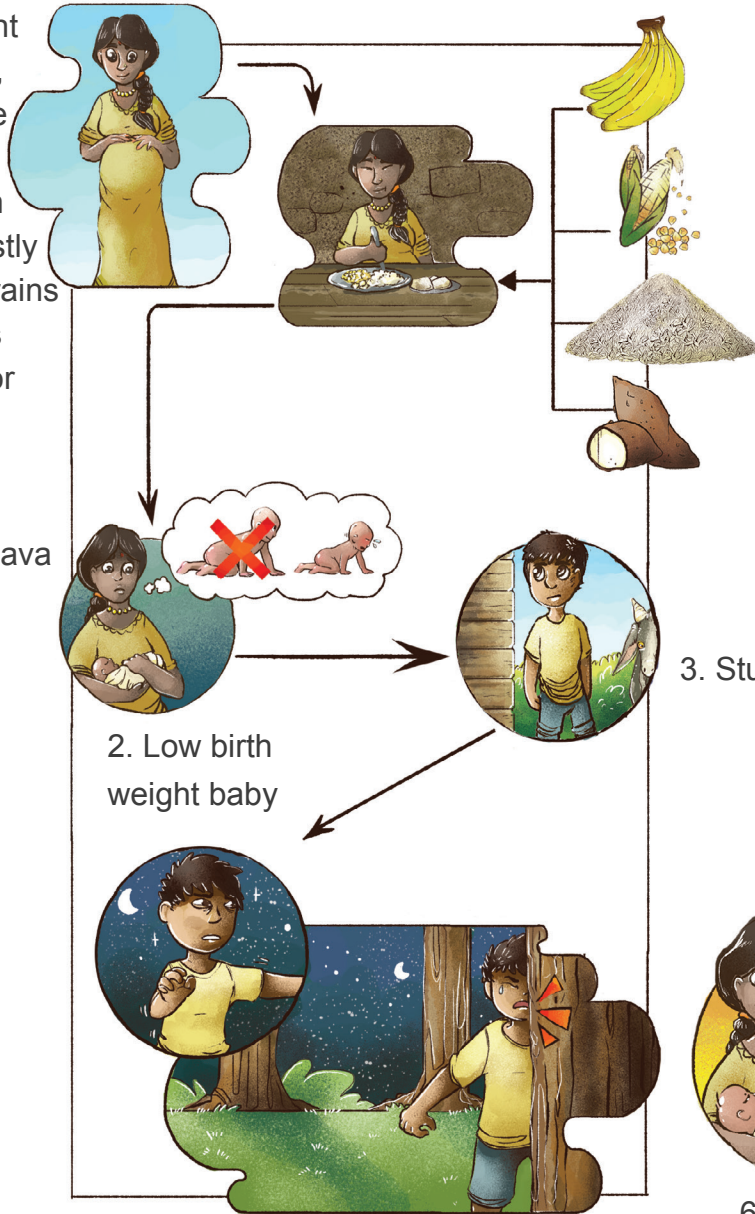


Lesson: Pregnant women and children should eat colourful foods, leafy green vegetables, legumes/pulses and small whole grains

5. Recommended foods to eat

1. Not recommended:

pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava



2. Low birth weight baby

4. Night blindness

3. Stunted child

colourful fruits and vegetables and cooked cucurbit seeds



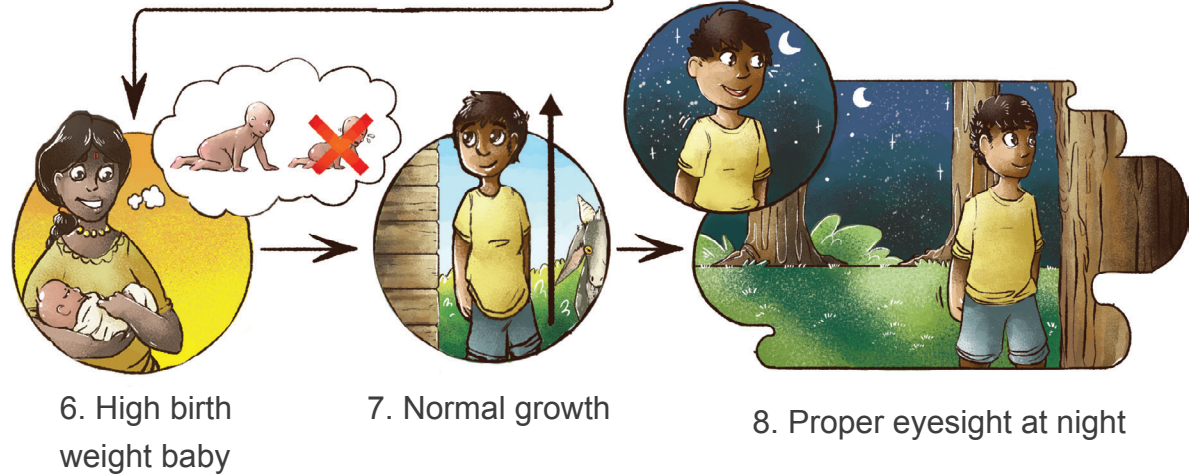
leafy greens



small grain legumes/pulses



small grain cereals (e.g. millet)



6. High birth weight baby

7. Normal growth

8. Proper eyesight at night