

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

1. Not recommended: pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava

5. Recommended foods to eat

small grain legumes/pulses

small grain cereals (e.g. millet)

colourful fruits and vegetables and cooked cucurbit seeds

leafy greens

