



During Pregnancy

Pregnant women need specific nutrients for themselves and their developing baby, such as:

- Folic Acid = neural tube development (brain & spine)
- Iron = red blood cells & oxygen supply
- Omega-3 = brain, eyes, and neuro-development, and to prevent future behavioral issues or impairments
- Calcium = bones, teeth, heart, nerves and muscles
- Vitamin D = prevention of complications, such as organ problems, premature birth and low birth weight.

To stay healthy during pregnancy, avoid:

Alcohol, smoking, raw or undercooked animal products, and excessive caffeine.

Exclusive Breastfeeding

For the first 6 months, babies should be exclusively breastfed to get the best and healthiest possible start.

Exclusive = only breast milk (!), with no other food or water (except medicine prescribed by a doctor or nurse).

Breast milk is the perfect food, drink and natural medicine for babies. Mothers should breastfeed for at least 2 years.

Benefits of Breastfeeding

Breastfeeding is a win-win for both the mom and baby.

- For babies (0-6months) it contains all the nutrients needed and antibodies to fight diseases/infections.
- Reduces the risk of sudden infant death syndrome.
- Improves brain development and overall intelligence.
- Mothers benefit from better emotional bonding, save money, lose weight easier, their uterus shrinks faster, and it lowers their risk of breast and ovarian cancer.

First Foods/Complementary Feeding

After 6 months, introduce solid foods alongside continued breastfeeding, as breast milk alone may not meet the growing nutritional needs of the child.

A gradual introduction of various foods, excluding sugar, supports healthy child development alongside breast milk.

Useful tips and recipes: cloud.nafsan.org/ChildNutrition.pdf



Right Start

make a child's first steps the right steps.

www.rightstart.com.na

The first 1,000 days between pregnancy and a child's second birthday lay the foundation for all the days and years that follow.

A balanced diet and nutritious food are key to a healthy life, growth and academic success, as well as for the prevention of a wide range of diseases.

When everyone has access to clean water and nutritious food, communities thrive and are more productive and resilient.

Nutrition and Food Security go hand in hand, with food safety to make sure that we will not get sick.

Let's work together to ensure everyone has the knowledge and the resources they need to stay healthy.

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www.nafsan.org

www.scalingupnutrition.org

NAFSAN is a Namibian alliance of civil society, academia, private sector and committed individuals, and is part of a global movement to eradicate malnutrition.

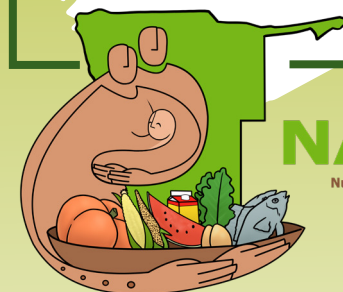
ENGLISH



Ministry of Health and Social Services

Nutrition and Food Safety

INFORMATION & GUIDELINES ON HEALTHY EATING AND LIVING



NAFSAN

Nutrition and Food Security Alliance of Namibia

IN COLLABORATION WITH:

unicef



World Health Organization

NAMIBIA



From the People of Japan



Supported by **giz**

Namibian Food Guidelines

Namibia's Food Guidelines 4 different food groups:
1) Staples (pasta, rice, mealie pap)
2) Vegetables & Fruits
3) Proteins (animals and plants)
4) Fats, Oils, Salt, Sugar

- Eat a variety of foods from all food groups and ideally three meals a day
- Eat vegetables & fruit every day
- Eat beans, legumes or meat regularly, and eat more fish
- Use whole-grain products and foods that have added vitamins and minerals
- Use less salt, and ideally iodised salt
- Drink at least 8 cups of water daily.

See: www.nafsan.org/resources



Food SAFETY

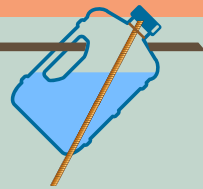
Food safety refers to simple but important steps to take when handling, processing, and distributing food to make sure it is free of contamination that could result in foodborne illnesses.

Here are 5 practices for food safety when preparing and eating food:

- Keep hands, utensils and surfaces clean.
- Separate raw and cooked food.
- Use clean and safe water or treat it (for example, by boiling) to make it safe for drinking and for washing fruits and vegetables, especially when eaten raw.
- Store food in clean containers that are properly closed, and at safe temperatures (= keep it cool, ideally under 5 °C).
- Cook food thoroughly and over 60 °C.

Things to AVOID

- Smoking:** It weakens your lungs and overall immune system, reduces the nutrients we take in, and it can cause cancer.
- Alcohol:** Weakens your immune system, leaves you with less money to spend on healthy food. Excessive drinking increases cancer risks, damages your liver, and strains social relationships.
- Sugar:** Avoid or reduce sugary drinks and sweet snacks. Sugar is addictive and too much can lead to weight gain, blood sugar spikes, tooth decay, obesity and other related diseases.
- Oil:** Too much oil can cause weight gain and increases the risk of heart diseases. Small amounts of healthy fats and oils, e.g. sunflower, olive and peanut oil can often be enough, try it out.
- Salt:** Especially found in fast food and salty snacks. It can raise blood pressure, increase risk of heart disease and stroke.



Hand WASHING

Handwashing is crucial to protect yourself and others against illness.

Wash your hands with water and soap at these times:

- When caring for the sick.
- Before touching your baby, and before and after every diaper change.
- After toilet use.
- Before and after food preparation and before eating.
- After handling animals other waste.
- When you see your hands are dirty.

Vitamin and Mineral Supplementation

Our immune system needs many nutrients and a healthy diet with a variety of food is best, yet you can provide additional support to your immune system:

- Spend at least 20 minutes a day in the sun for at least 3 days per week for your Vitamin D supply.
- Supplement with a daily multi-vitamin and mineral supplement, which includes all vitamins and minerals, incl. Vitamin C, Zinc and Selenium.
- If you are pregnant or breastfeeding, take daily iron and folic acid supplements or a daily multi-vitamin and mineral supplement.
- Children can take daily multi-vitamin and mineral supplements designed for children. Keep accessing regular health and nutrition services for your child, including:

6 - 59 months = Vitamin A, every 6 months

12 - 59 months = Deworming, every 6 months.

Under 5 years old with diarrhea = Zinc supplement along with oral rehydration solution.

- Ask a health worker/professional how to gain access to these vitamin and mineral supplements.

More information: www.nafsan.org/N4H

Prioritize your diet for a stronger immune system:

Eat healthy!

Drink lots of water!

Exercise!

A healthy diet can also help improve your mental health