



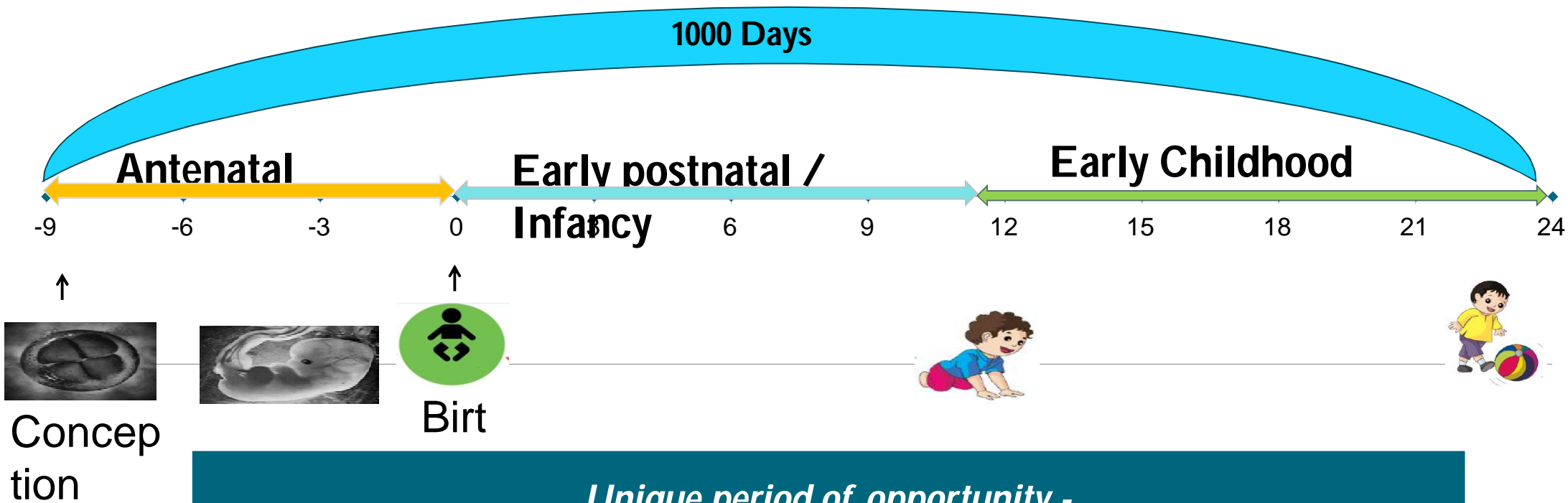
Nutrition During the First 1,000 Days & Balance Diet

Learning Objectives

- 01** To understand the three stages of 1st 1000 days
 - 02** Importance of nutrition in 1st 1000 days of child's life
 - 03** Nutritional requirements of pregnant women and child up to two years
 - 04** Use of given tools to explain the importance of good nutrition during pregnancy and up to two years of the child's life
-

The 'First 1000 Days'

$$270 + 365 + 365 = 1000 \quad \text{😊}$$



*Unique period of opportunity -
Ensures child's optimum growth and development*

3 Stages in First 1000 Days

Stage 1 (A) (Pregnancy)

Diet of Pregnant Women should have :

- Cereals
- Seasonal fruits & vegetables
- Green leafy vegetables
- Well cooked eggs, meat, fish; milk & its products
- Pulses
- Vegetable oils
- Plenty of fluids
- Fortified foods

Stage 1 (B) (Pregnancy)

Important Nutrients required during pregnancy

- Iodine (for foetal brain dev) – Iodized salt
- Folic Acid (prevent birth defects) – Milk, egg, green leafy veg, beans
- Iron (foetal brain dev) – Fish, meat, chicken, green leafy veg
- Vit B-12 (prevent birth defects) – Milk, curd, meat
- Vit D (bone dev) – Milk products, fish, egg, sunlight

3 Stages in First 1000 Days

Stage 2 (A) (Birth to 6 months)

- Early Initiation of Breast Feeding
- No pre-lacteal feeds
- Exclusive Breast Feeding
- What not to give to baby during first six months?
- Why mother's feed is important for baby?

Stage 2 (B) (6 to 12 months)

Nutritional Requirements:

- Initiation of complementary feeding
- Continued Breastfeeding
- Mother's milk alone cannot fulfill nutritional requirements beyond 6 months due to increased activity

Stage 3 (12 months to 24 months)

Nutritional Requirements

- Complementary foods already been introduced in addition to continued Breast Feeding
- Consistency and quantity of complementary feed changes during this period

GROUP ACTIVITY

DIVIDE INTO 4 GROUPS (Break out rooms)

1. See Poshan Abhiyan videos (one in each group) and note down 3 key messages.
2. In plenary session show videos to group.

Video_1_POSHAN Abhiyan - Diet Diversity for Pregnant Mother.mp4

Video_2_POSHAN Abhiyan - Early_Breast_Feeding.mp4

Video_3_POSHAN Abhiyan - Exclusive Breast Feeding.mp4

Video_4_POSHAN Abhiyan - Complementary Feeding.mp4

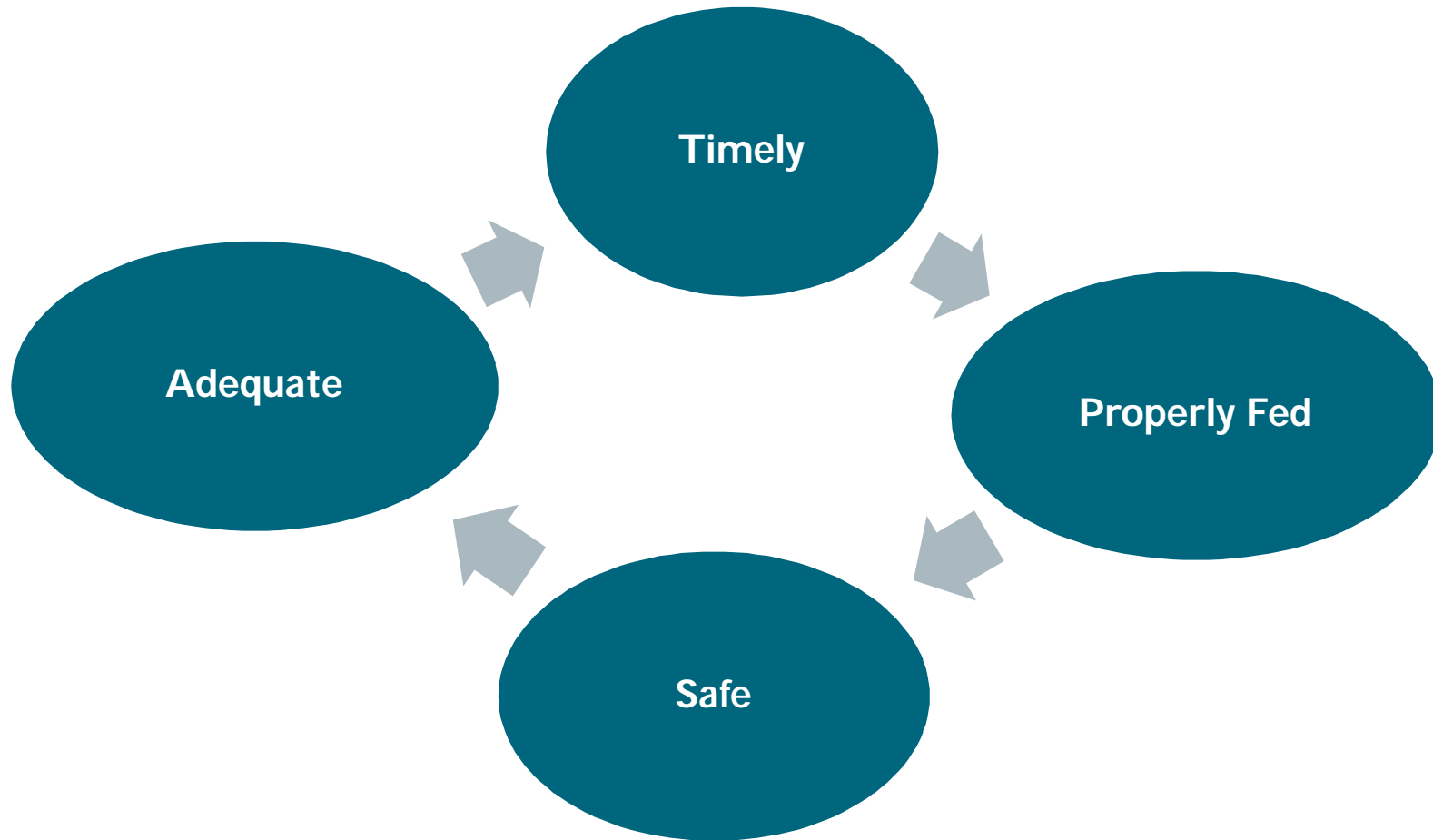
3. Discussion about key messages by each group.

Complementary feeding on completion of 6 months of age

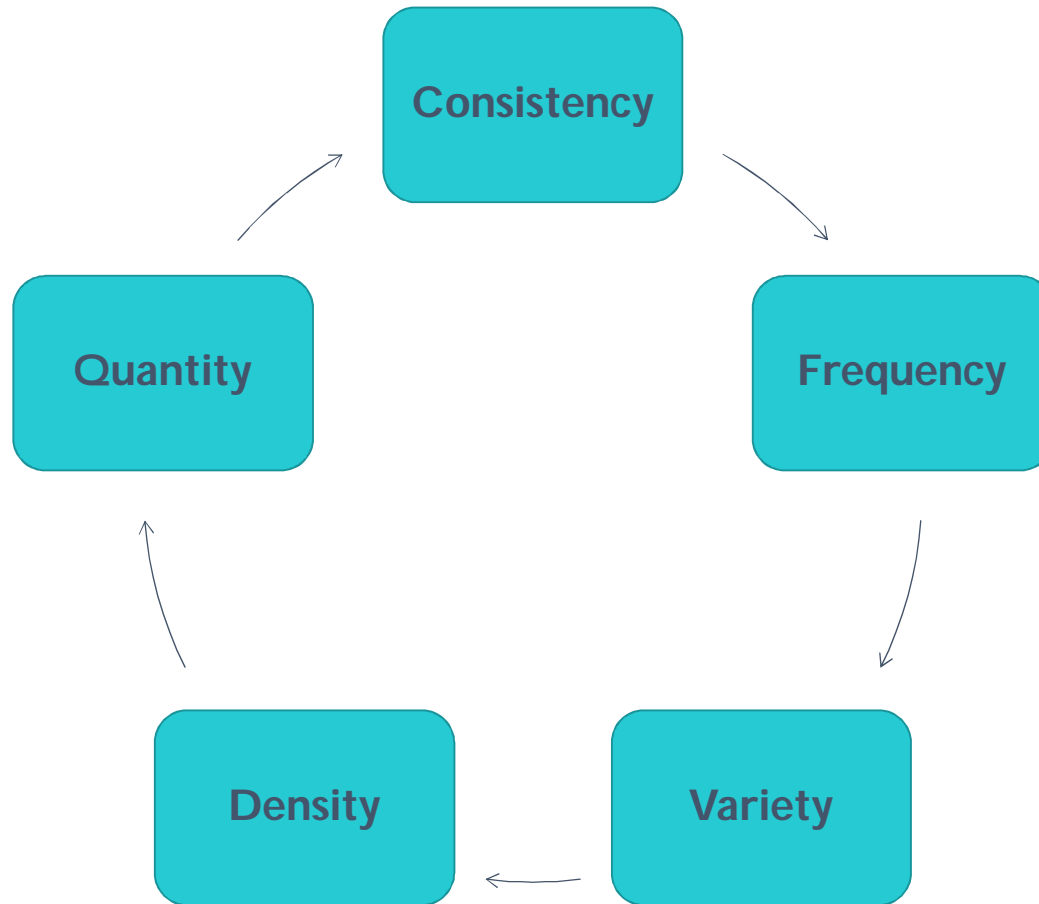
- Continue breastfeeding till age of 2 years.
- Initiate other foods on completion of 6 months.
- It is important to focus on consistency of the food, quantity and frequency based on child's age, variety and density of the food.
- Make sure the diet contains yellow, green and red vegetables, pulses, egg, meat, oil and fat.
- Continue to feed during illness.
- Provide safe and clean drinking water.
- Ideally 3 meals and 2 snacks after the age of 1 year.



Requirement of Complementary foods



Remember about Complementary Feeding



Complementary Feeding- Quantity and Frequency

Complementary feeding- quantity and frequency for the child

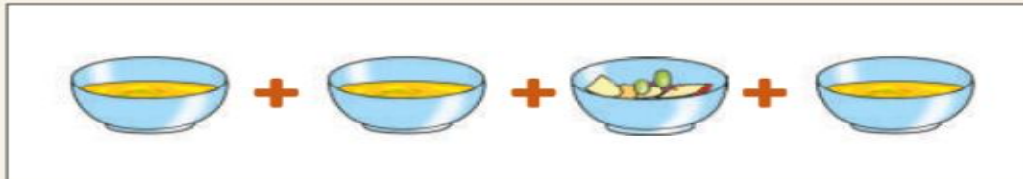
- Breastfeed as often as the child wants, especially if the child is unwell.



- At 6 months:** On completion of 6 months, start feeding 2-3 tablespoons at each meal of soft, well-mashed foods, 2-3 times each day.



- From 6 months upto 9 months:** 2-3 tablespoons to be gradually increased to half (1/2) cup/katori at each meal of mashed food, 2-3 times each day and 1-2 snacks.



- From 9 months upto 12 months:** At least half (1/2) cup/katori at each meal of finely chopped or mashed food and foods that the baby can pick up with her/his fingers, 3-4 times each day and 1-2 snacks.



- From 12 months upto 2 years:** Introduce family foods, chopped or mashed, give 3/4 to 1 full cup/katori at each meal, 3-4 times each day and 1-2 snacks.

For 2 years and older children, give a variety of family foods to the child, at least 1 full cup/katori (250ml) at each meal, 3-4 meals each day with 1-2 nutritious snacks between meals.

Seven Messages for Complementary Feeding

1 Start at completion of six months



2 Don't Dilute unnecessarily 'Not Daal water but Daal'



3 Breastfeed 4 to 6 times/day



4 Add Fats and Oils



5 Yellow, Red and Greens—More colourful the feed—the better



6 Milk, Eggs, Meat & Fish. Children Love it: and it is good for health



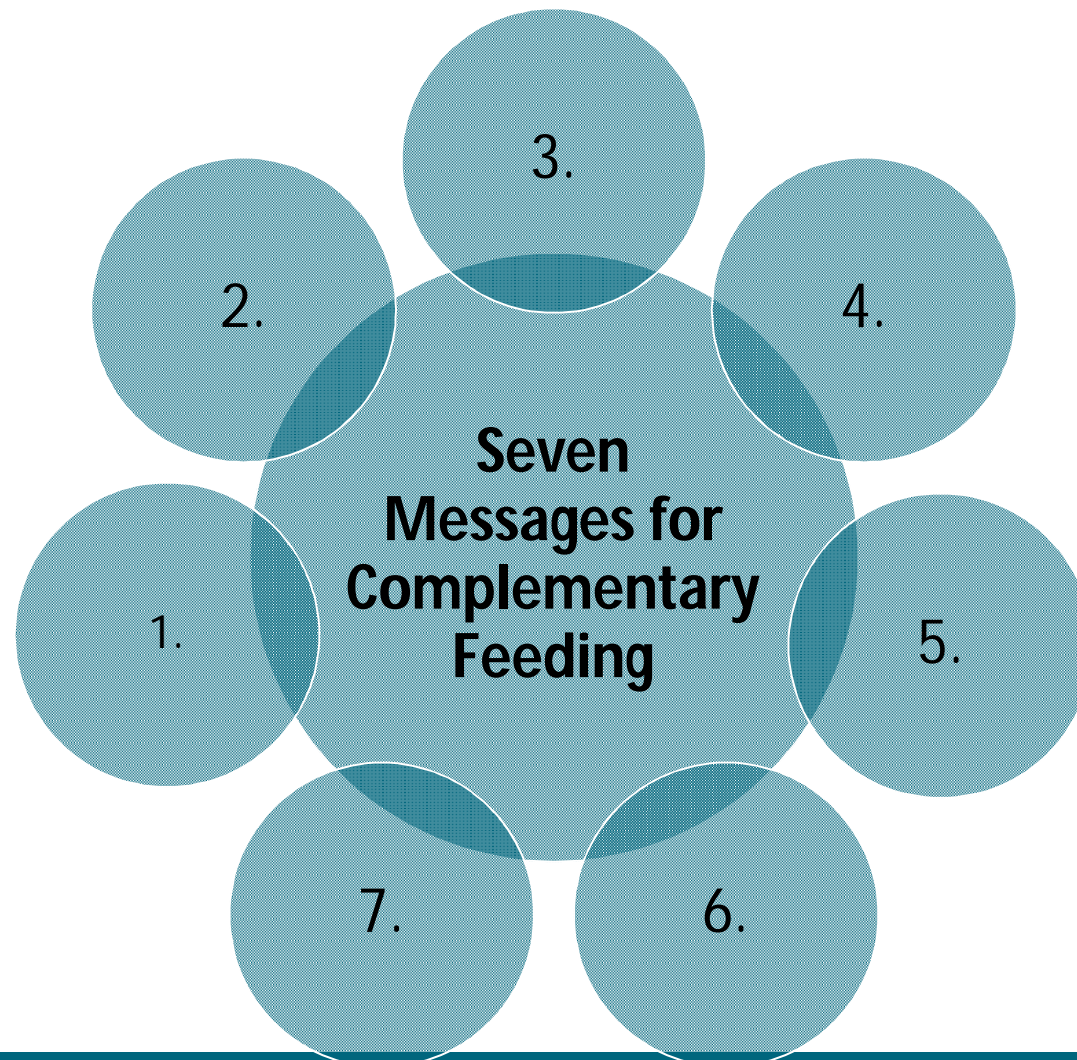
7 Continue feeding during illness and extra feed after



Key Messages

- The first 1000 days of life begin from a day woman becomes pregnant and continues till the child turns two years of age.
 - The first 1000 days is an important period of growth and development of the child.
 - Diet diversity for a pregnant woman and lactating mother with adequate rest.
 - Early initiation and exclusive breastfeeding for all children till 6 months of age.
 - Complementary feeding on completion of 6 months of age- age-appropriate, timely, adequate, properly fed and safe.
-

Write the Seven Messages for Complementary Feeding in the diagram given below-



Balanced Diet

Objectives

- Understand the basic concept of Balanced Diet
 - Know about the different Food Groups
 - Importance of Food Pyramid
 - Know about 3Gs- '**Go, Grow & Glow Foods**'
-

Definition

- Wholesome diet which provides essential nutrients - (carbohydrates, fats, proteins, vitamins, minerals, and water) from all food groups in the proper amounts to maintain good health. In addition also provides dietary fibre
-

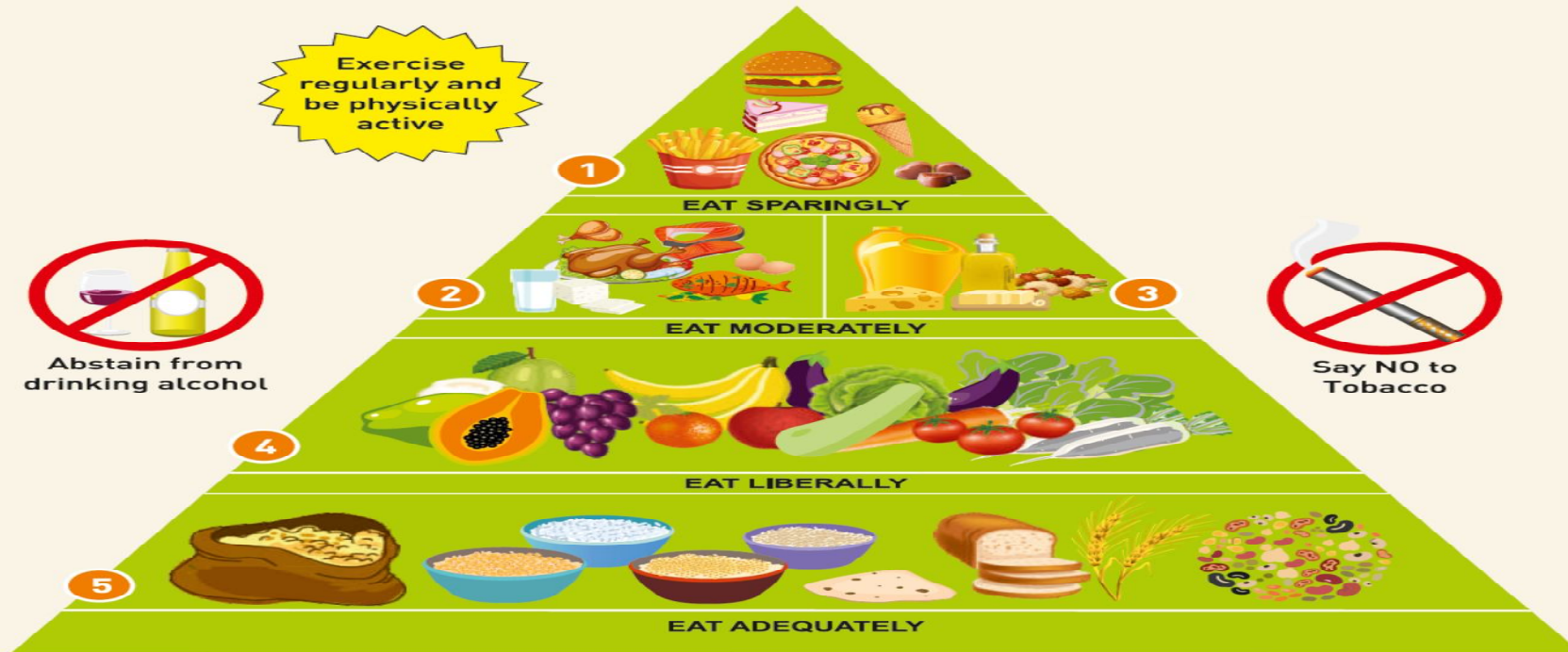
Balanced Diet



Balanced Diet: Module 1 Video 4

E-Course- Basic Concept of Balanced Diet and Malnutrition.mp4

The picture below shows the food pyramid and foods placed at each level.



- 1 Eat Sparingly**
Sugary, refined and processed foods
Contains foods high in fat, sugar and salt
- 2 Eat Moderately**
Meat, fish, poultry, eggs, milk and milk products
This groups provides proteins
- 3 Eat Moderately**
Fats and Oils: Vegetable oil, butter, ghee, nuts, etc.
This group includes foods that are high in energy

- 4 Eat Liberally**
Fruits: Orange, mango, papaya, amla, lemon, etc.
Green leafy vegetables: Spinach, fenugreek leaves, mustard leaves, etc.
Other vegetables: Carrots, onion, brinjal, cucumber, cauliflower, tomato, capsicum, cabbage etc.
This group provides vitamins and minerals.
- 5 Consume Adequately**
Cereals: Rice, wheat, maize, ragi, etc.
Pulses and legumes: Dals, besan, chickpea (white/black/green chana), sprouted pulses, legumes like rajma, lobia, soyabean and its products, etc.
This group provide carbohydrates and proteins.

Source: Adapted from Dietary Guidelines for Indians, National Institute of Nutrition, 2011

Key Messages

- Eating a 'Balanced Diet' helps in proper growth, development and functioning of the body.
 - Foods are divided into four food groups and are placed at each level in the Food Pyramid.
 - Food groups –
 - a) Cereals & Millets; Pulses & Legumes – gives energy, fibre , building & repairing body tissues & muscles
 - b) Vegetables & Fruits - provides vitamins & minerals, fights infections
 - c) Milk & Animal products – provides high quality proteins, building & repairing
 - d) Fats/Oils, Sugar & Nuts – foods are high in energy
-

Key Messages

- Food Pyramid is a guide to be used by the healthy population for the amount and types of foods to be included in the daily diet. Also avoid alcohol & tobacco and exercise regularly.
 - 3Gs- Go, Grow and Glow Foods- Every food items belongs to a category in 3G which have different functions.
 - GO FOODS- give us energy to do our daily activities
 - GROW FOODS- are the body building foods
 - GLOW FOODS- are good for health and well being; provide us good eyesight, healthy skin and ability to fight infections
-

Physical Activity



Physical activity: Module 3 Video 2

E-Course-Physical Activity.mp4

Collateral 2- Go, Grow, Glow Poster

GO, GROW, GLOW FOODS

GO FOODS CARBOHYDRATES & FATS

GO FOODS give us energy to do our daily activities.



GROW FOODS PROTEINS

GROW FOODS are the body-building foods.



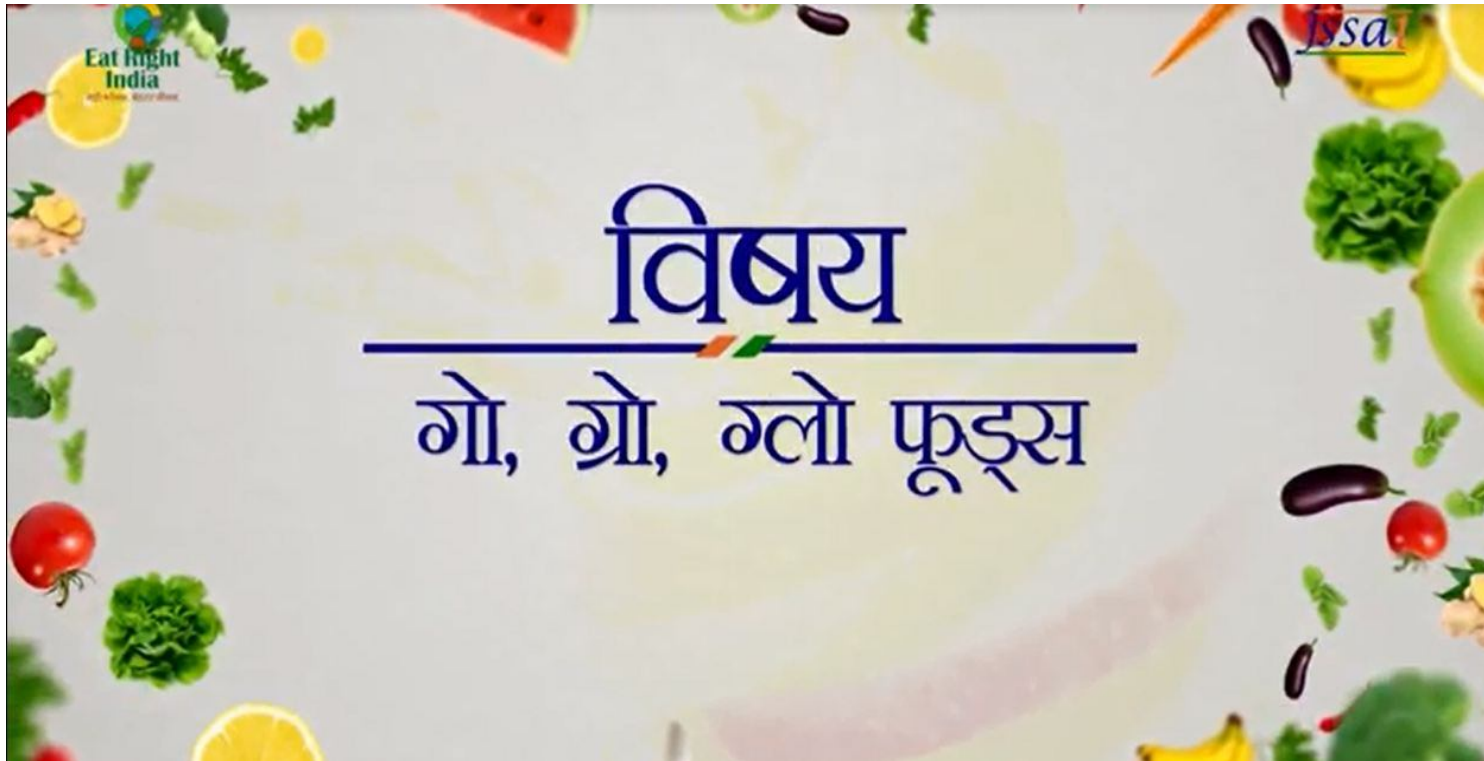
GLOW FOODS VITAMINS AND MINERALS

GLOW FOODS are for good health and well-being. They provide good eyesight, healthy skin and the ability to fight infections.



Eat GO, GROW AND GLOW foods to stay healthy and super strong!

GO, GROW, GLOW FOODS



Go, Grow, Glow Foods: Module 1 Video 3

E-Course- Go, Grow, Glow Foods.mp4

LIMITING CONSUMPTION OF HIGH FAT, SUGAR AND SALT FOODS

WHAT

- What are High fat, sugar and salt (HFSS) foods?
- What are Trans Fats?
- What to choose instead of HFSS Foods?

WHY

- Why is consumption of HFSS foods harmful?

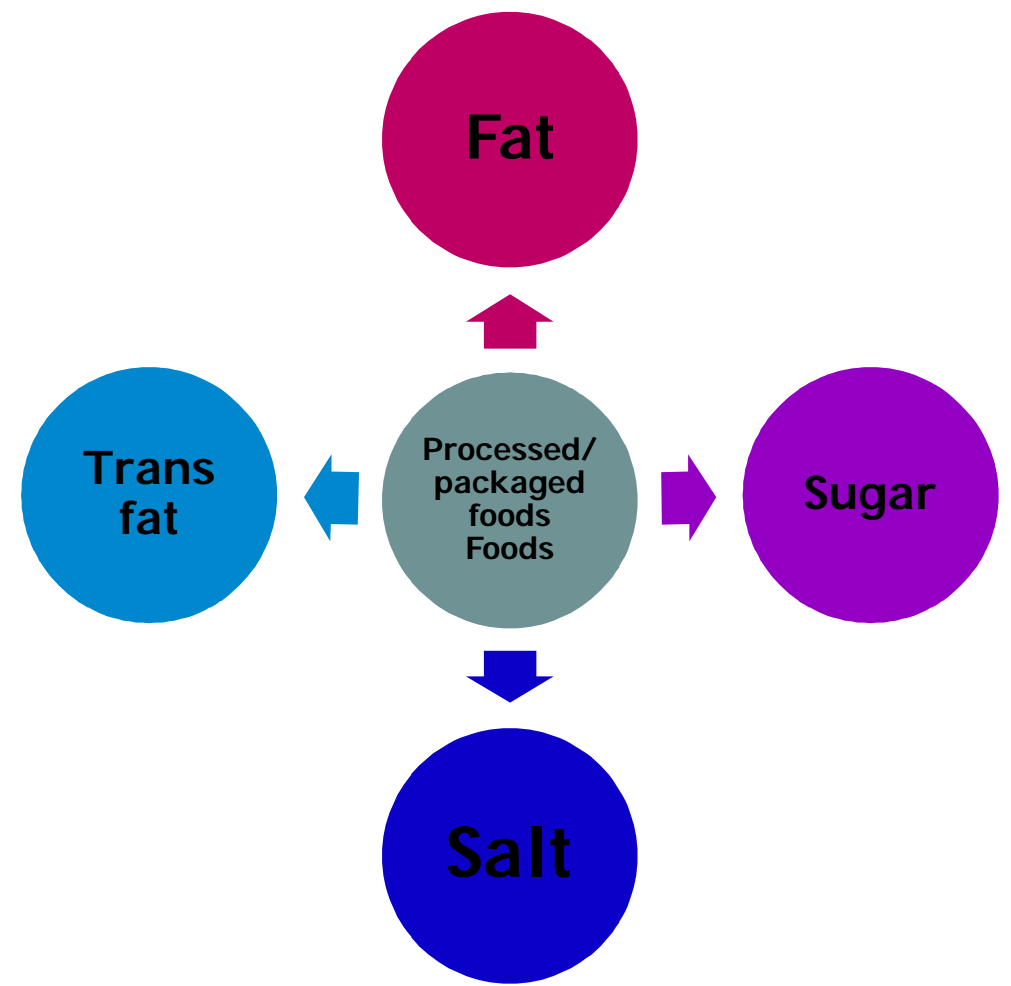
HOW

- How to limit the consumption of HFSS foods?

HIGH FAT, SUGAR AND SALT FOODS

High fat, sugar and salt (HFSS) foods are foods (any food or drink, packaged or un-packaged) that are,

- ✓ high in fats (saturated/ trans fatty acids),
- ✓ sugar and



HFSS foods are known to have negative impact on health if consumed regularly
tionally such foods are high in

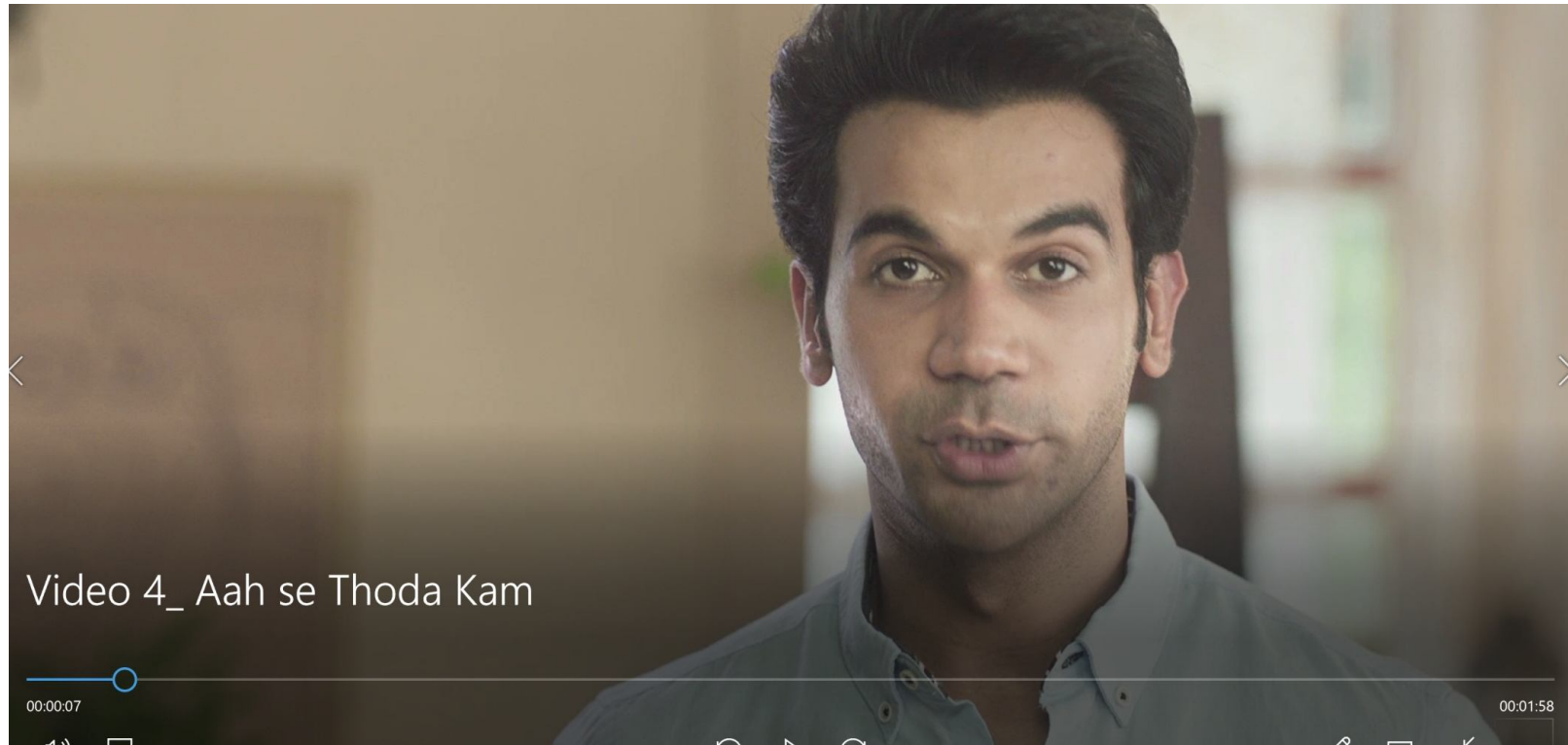


Instructions

VIDEO: AAJ SE THODA KAM

- Watch the video carefully
 - Extract 3 key messages from the video and note them down on a notebook
 - After watching the video, the participants will be split into groups (breakout rooms)
 - Each group member would discuss 3 key messages they extracted from the video
 - Select a group leader to represent the group in the main session group
 - The group leader will read out the 3 key messages unanimously extracted by the group members in the main session group
-

VIDEO: AAJ SE TODA KAM



**KHANE MEIN TEL, NAMAK AUR CHEENI – AAJ
SE THODA KAM
([Video](#))**

Page 33: Activity 4.3

KEY MESSAGES

- Who wins- Heart or Mind.
 - Excessive fat, sugar and salt is harmful.
 - High blood pressure, Heart attack, Stroke, Diabetes, Eye problem, Kidney fail.
 - Reduce oil gradually.
 - Don't sprinkle salt on salad, curd n fruits.
 - Reduce sugar gradually: 1tsp to ½ tsp.
 - Remember "AAJ SE THODA KAM"
-

ELIMINATING TRANS FATS

Trans Fats



VANASPATI	
Nutrition facts	
(Approximate composition per 100 g when packed)	
Energy	884 kcal
Protein	0 g
Carbohydrate	0 g
Sugar	0 g
Fat:	100 g
Saturated Fatty Acids	< 65 g
Trans Fatty Acids	< 5 g
Cholesterol	0 mg
# Added Vitamin A	750 mcg***
# Added Vitamin D	5 mcg***

- **Bad fats** present in our diet
- Causes **heart diseases, overweight/obesity, high blood pressure, diabetes and some types of cancers**
- Present in large quantities in **vanaspati, margarine, bakery shortening and their products**
- Also formed when the same cooking oil is used for **repeated frying**; not only at commercial outlets but even at household levels

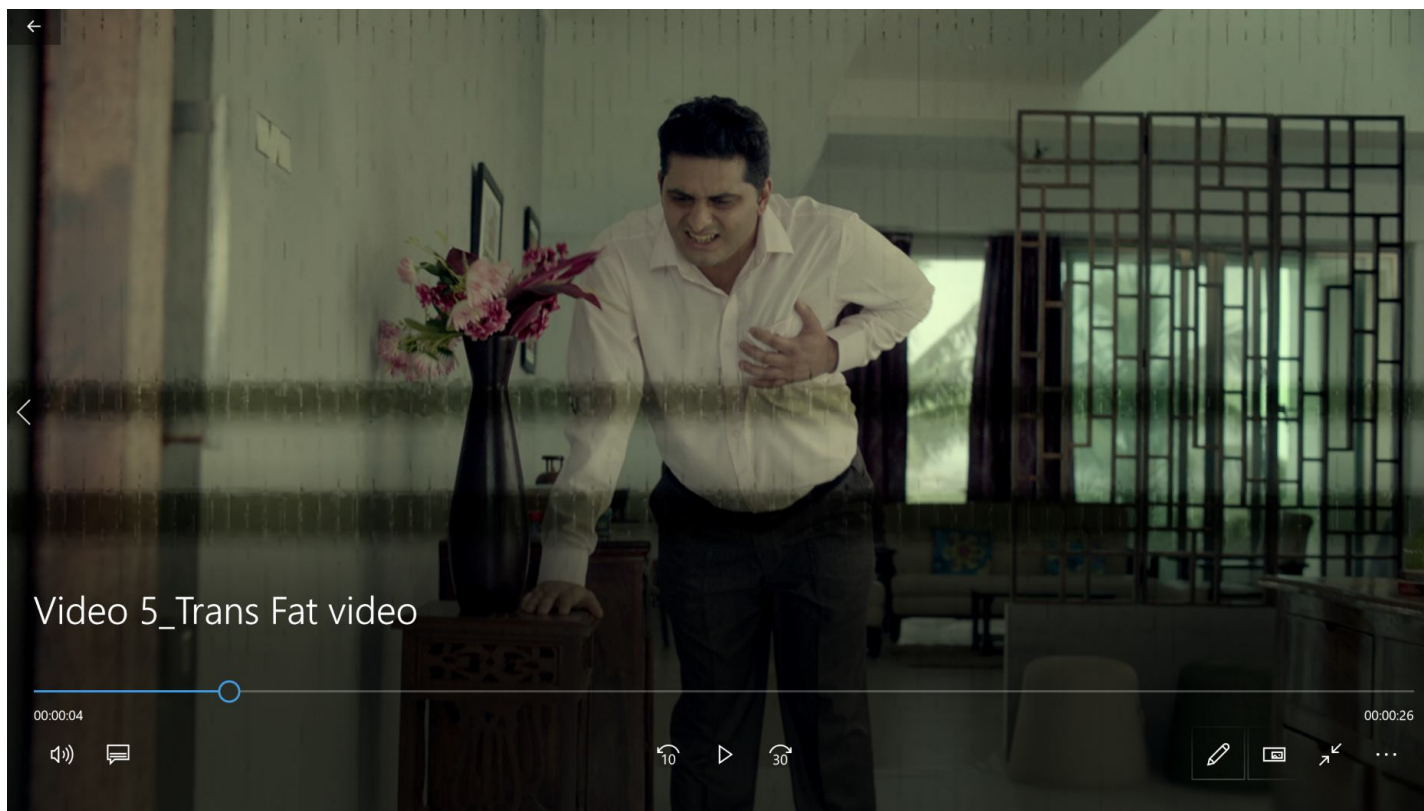


Instructions

VIDEO: HEART ATTACK REWIND

- Watch the video carefully
 - Extract 3 key messages from the video and note them down on a notebook
 - The participants will be randomly asked to read out the messages
-

VIDEO: HEART ATTACK REWIND



ELIMINATING TRANS FAT
([Video](#))

Page 33: Activity 4.4



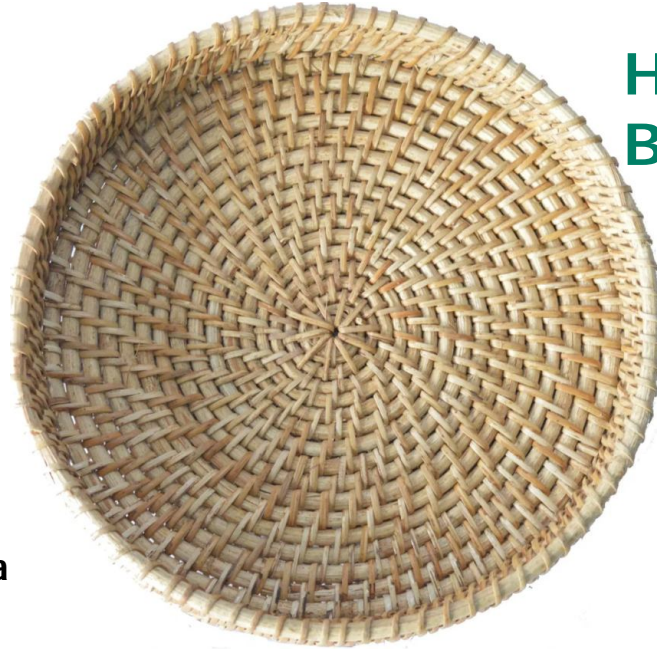
Instructions

ACTIVITY: HEALTHY VS UNHEALTHY BASKET

- Look at the worksheet carefully
- Food items numbered from 1 to 20 are labelled with their names on the sheet with healthy and unhealthy baskets
- After carefully looking at the sheet, the participants will be split into groups (breakout rooms)
- Each group members would discuss and categorize foods as healthy and unhealthy by writing the designated numbers provided with each food in your notebook
- Select a group leader to represent the group in the main session group
- The group leader will read out the foods under healthy and unhealthy food basket in the main session group

HEALTHY VS UNHEALTHY BASKET

- 1-Samosa
- 2-French Fries
- 3-Fruits
- 4-idli
- 5-Laddo
- 6-Cold drink
- 7-Jalebi
- 8-Makhana
- 9-Sprouts
- 10-Chocolate
- 11-Groundnuts
- 12-Poha
Flattened Rice (Poha)
- 13-Chips
- 14-Coconut water
- 15-Namkeen
Bhujia
- 16-Buttermilk
- 17-Corn
- 18-Namakpara
- 19-Pastry
- 20-Vegetables

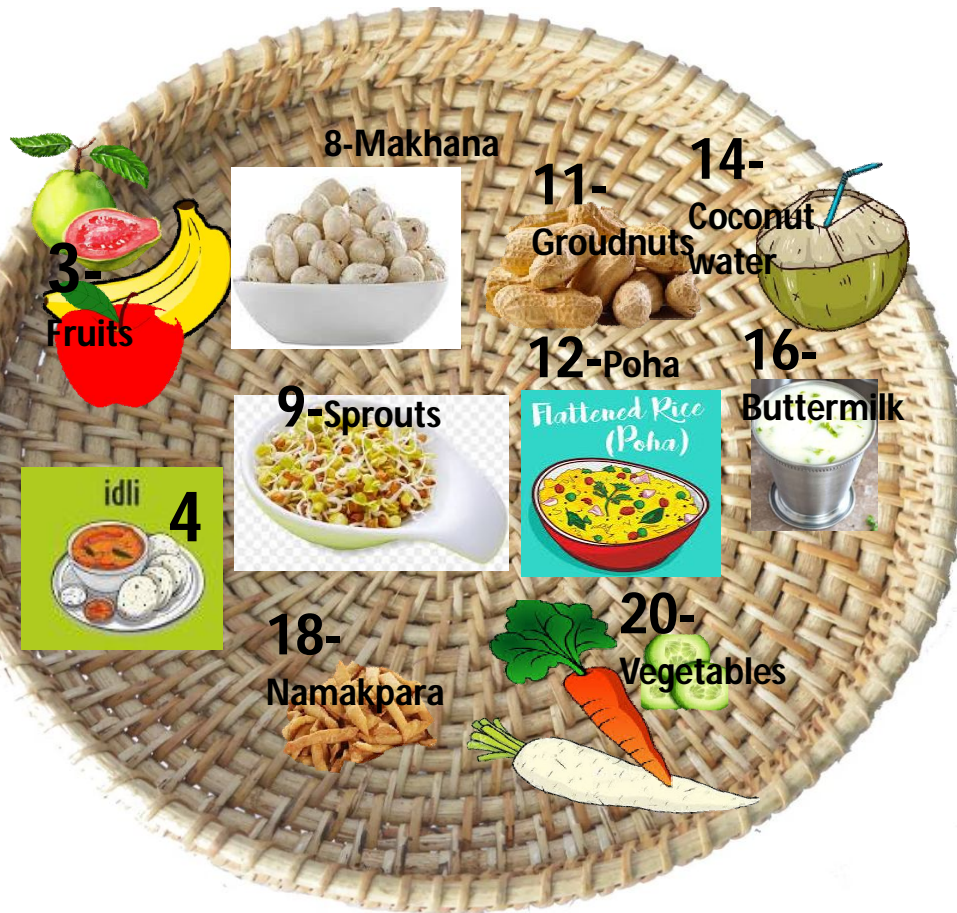


HEALTHY
BASKET

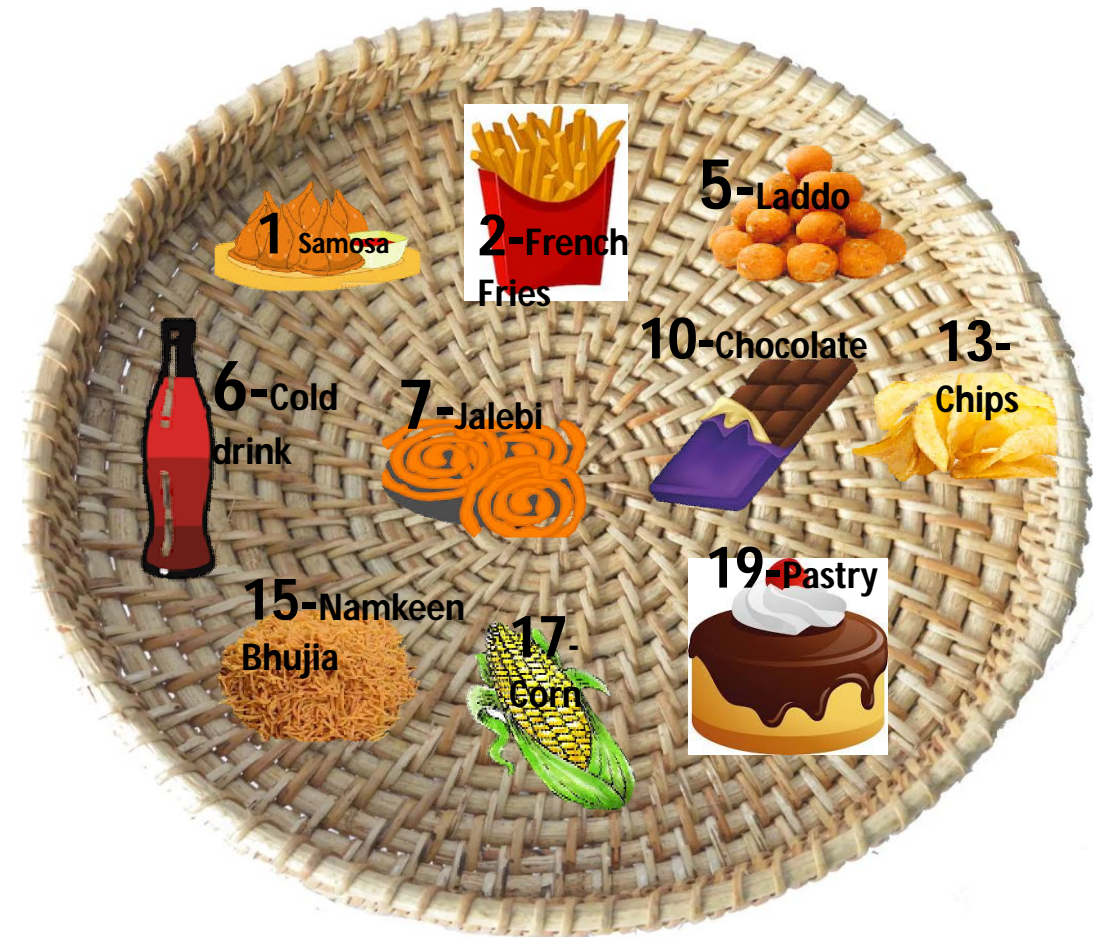
UNHEALTHY
BASKET



HEALTHY VS UNHEALTHY BASKET



HEALTHY BASKET



UNHEALTHY BASKET

SWITCH FROM UNHEALTHY TO HEALTHY BASKET



POSTER: UNHEALTHY vs HEALTHY FOOD BASKET

Eat Right.. Choose a Healthy Life



Page 32: Activity 4.2

POSTER: TEL, CHEENI AUR NAMAK THODA KAM

The Eat Right Movement
#AajSeThodaKam
Tel, Cheeni aur Namak Thoda kam

Reduce salt, sugar and fat in your daily diet to reduce the risk of obesity, hypertension, diabetes and heart disease and other non-communicable diseases.

MONITOR your intake by buying and using a small fixed quantity of sugar, salt and oil every month

MEASURE Use smaller spoons to put salt, sugar and oil in your food

REDUCE the intake of salt, sugar & oil gradually in your daily diet

REPLACE with healthier options
• Use fruits instead of sugar
• Use 2-3 vegetable oils instead of Vanaspati ghee

LIMIT foods such as pickles, salted snacks, sauces, jams, jellies, sweetened beverages, sweets, desserts, fried foods

AVOID

- Reusing and reheating oil repeatedly
- Sprinkling salt and sugar on salads, cut fruits, curd
- Adding salt while cooking rice and making chapattis
- Refined sugar

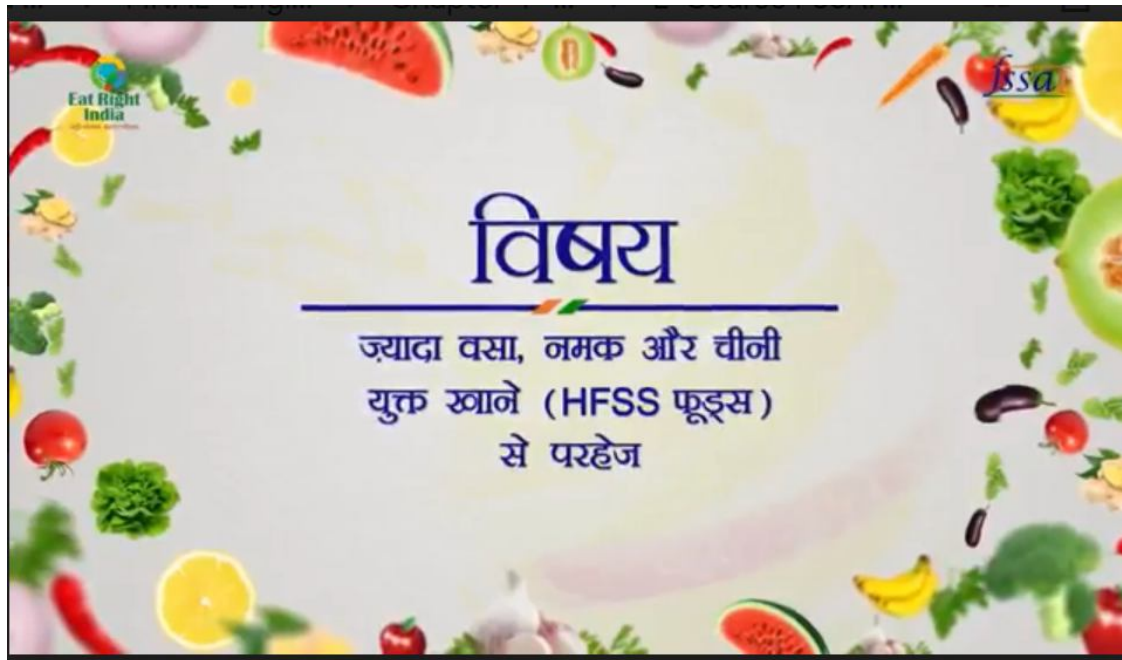
fssai.gov.in/eatrightmovement facebook.com/fssai twitter.com/fssaiindia 9868686868



ACTIVITY: SUMMARY OF THE POSTER

- The participant will present the summary of the poster using a power point presentation
-

E-COURSE VIDEO: LIMITING HIGH FAT, SUGAR AND SALT FOODS



Module 3 [Video 4](#)



ACTIVITY: SUMMARY OF WAYS TO REDUCE HFSS AND TRANS FAT

- The participant will present the summary of the pages from 29-31 of the handbook using a power point presentation



HARMFUL EFFECTS OF HFSS FOODS

- Over consumption of HFSS foods leads to,
- ✓ overweight/obesity
 - ✓ high blood pressure (hypertension),
 - ✓ diabetes
 - ✓ other non communicable diseases
 - ✓ certain types of cancers

REPLACING HFSS FOODS

- ✓ Instead of processed foods, eat fresh, seasonal fruits and vegetables
- ✓ Instead of refined sugar use naturally sweet ingredients (dates/honey/jaggery, etc)

HOW TO LIMIT/ AVOID HFSS FOODS



Measure & Monitor



Reduce



Replace



Limit



Avoid

SUMMARY

- High in fat, sugar and salt, can have trans fats (bad fats)
- Low in proteins, vitamins, minerals and dietary fiber - includes foods like: Chips, Samosa, sweetened aerated beverages, cakes, French fries etc.
- Over consumption can lead to health effects – Diet related NCDs
- Limit the consumption of HFSS foods



THANK YOU

