



Food and Agriculture  
Organization of the  
United Nations

# Nutrition during pregnancy and breastfeeding

Key points to remember



FAO support to the Global Agriculture and  
Food Security Programme (GAFSP) in Myanmar

# Practice

## Good nutrition

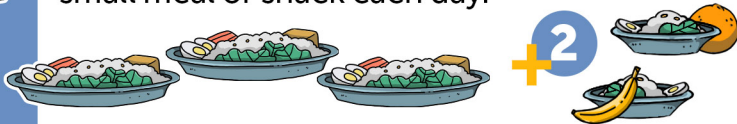
### What you need to know?



During pregnancy,  
**eat three meals plus one extra**  
small meal or snack each day.



During breastfeeding,  
**eat three meals plus two extra**  
small meal or snack each day.



No special food is required  
to produce breast milk.



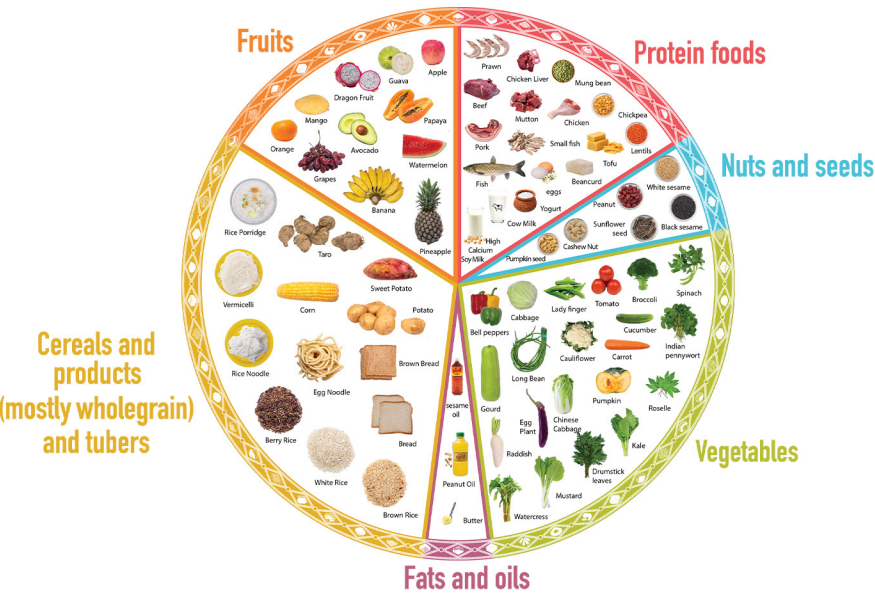
Drink **plenty of liquids** such as soup, milk,  
fruit juice for production of breastmilk.



Adolescent mothers need more food,  
extra care, and more rest.

# Plan a Balanced diet

During pregnancy and breastfeeding, eat different kind of locally available foods that are from each of the **five-star food groups** in appropriate quantities each day.



Source: Zaw, H.M.M., Thar, C.M., Lee, W.T.K. 2022. *Myanmar food-based dietary guidelines for pregnant and lactating women*. Nay Pyi Taw, FAO. <https://doi.org/10.4060/cc0276en>

# Protect your Health



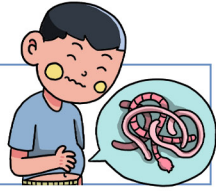
- attend antenatal care at least four times during pregnancy, beginning during the first three months;
- do not smoke and do not consume alcoholic beverages during pregnancy and breastfeeding; and
- do not forget to get immunized against tetanus when you are pregnant.

## What Supplements do you need?

- take iron and folic acid tablets during pregnancy and for at least three months after birth;
- take iron tablets with meals to increase absorption;
- always use iodized salt to prevent learning disabilities, delayed development, poor physical growth in the baby; and goiter on the mother; and
- take vitamin A supplements immediately after birth or within 42 days after birth to ensure that your baby receives the vitamin A in your breast milk.

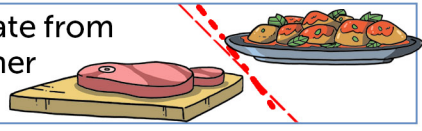


# Keeping food Safe & clean

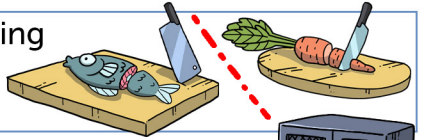


**1** Thoroughly cook meat, fish and eggs as eating undercooked meat can lead to worms.

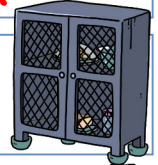
**2** Keep raw meat separate from cooked foods and other ready-to-eat foods.



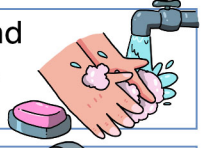
**3** Use a separate chopping board and knife for raw meat.



**4** Leftover food should always be kept in cool places, reheat before consuming but not more than once.



**5** Wash hands thoroughly with soap and water everytime you touch the baby, or the food and after using the toilet.



**6** Always wash chopping tables and utensils before food preparation begins.



**7** Always keep kitchen utensils such as knives, boards, cloths, plates, and pots clean.



**8** Ensure having adequate supply of clean water for drinking, cooking and cleaning.



**9** Cooked food should always be protected from insects, animals, and dust.



**10** Kitchen should be free from insects, rodents, and all domestic animals at all times including night.



# Other Important tips

i

Perform light physical activities (e.g., walking, sweeping, and gardening) for at least 30 min per day during pregnancy. Regular exercise during pregnancy can decrease common discomfort such as backaches and fatigue and prevent diabetes that develops during pregnancy.



Rest more and avoid heavy work, especially during the last three months of pregnancy and the first three months after delivery.

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Take deworming tablets to treat worms and help prevent anemia.



iv



Do not consume alcohol, narcotics or tobacco products.

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