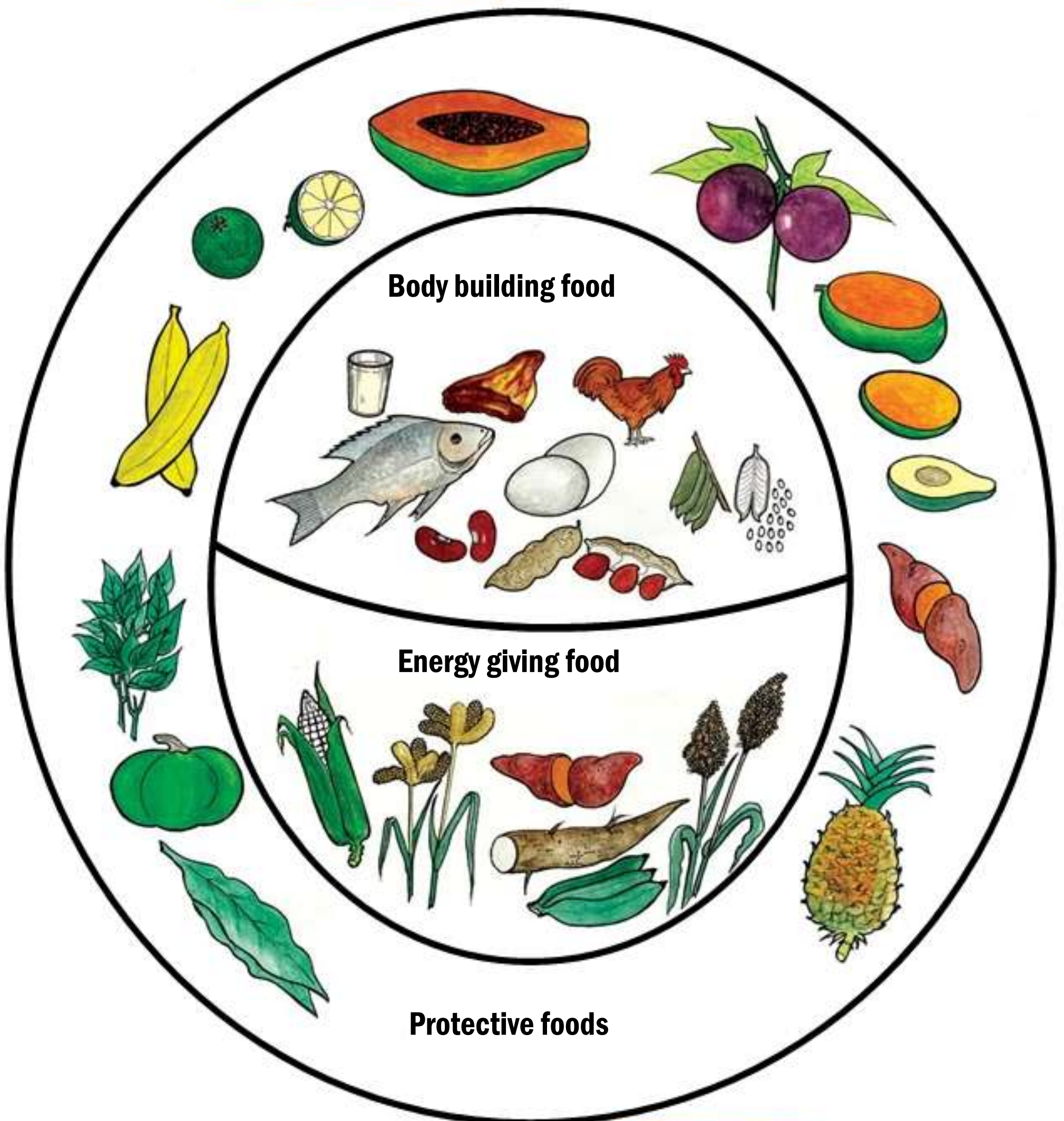




***The HarvestPlus  
Reaching End Users  
Project (Uganda)***

***Nutrition Training  
Charts***

# A good mixed meal



**“A meal should have food from every group”**

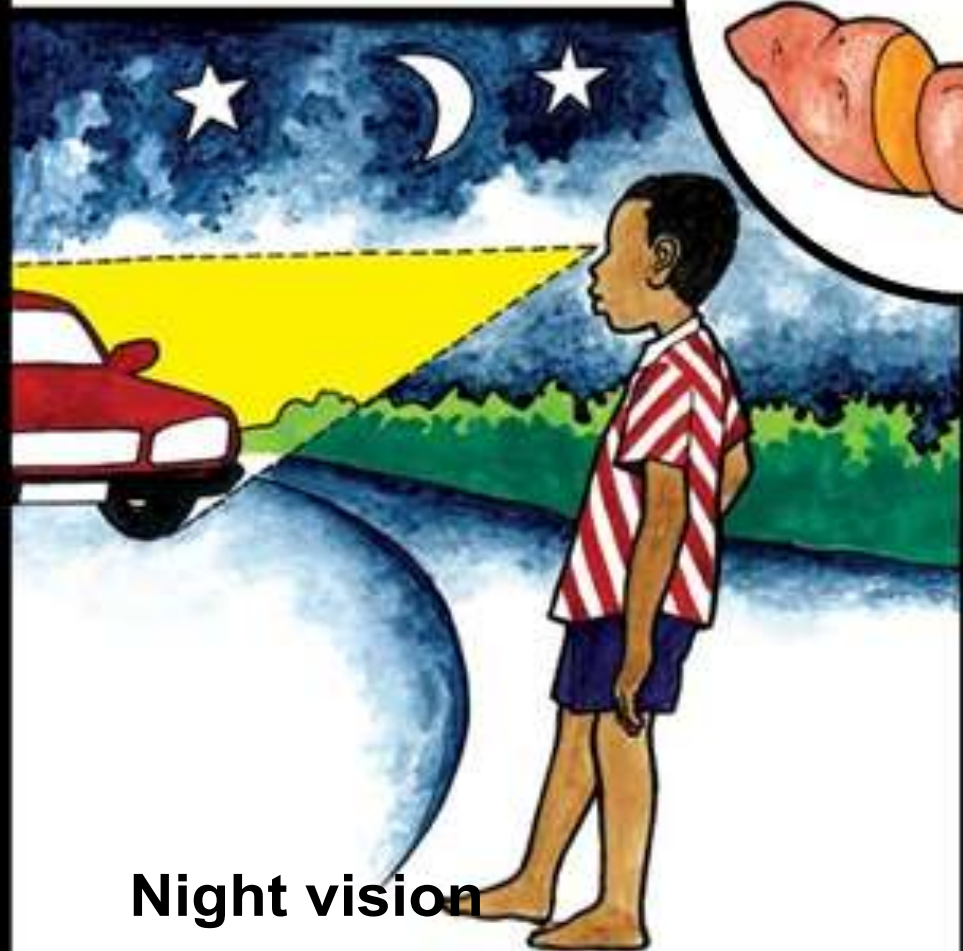
# The role of Vitamin A



**Keeps you healthy**



**Boosts immunity**



**Night vision**



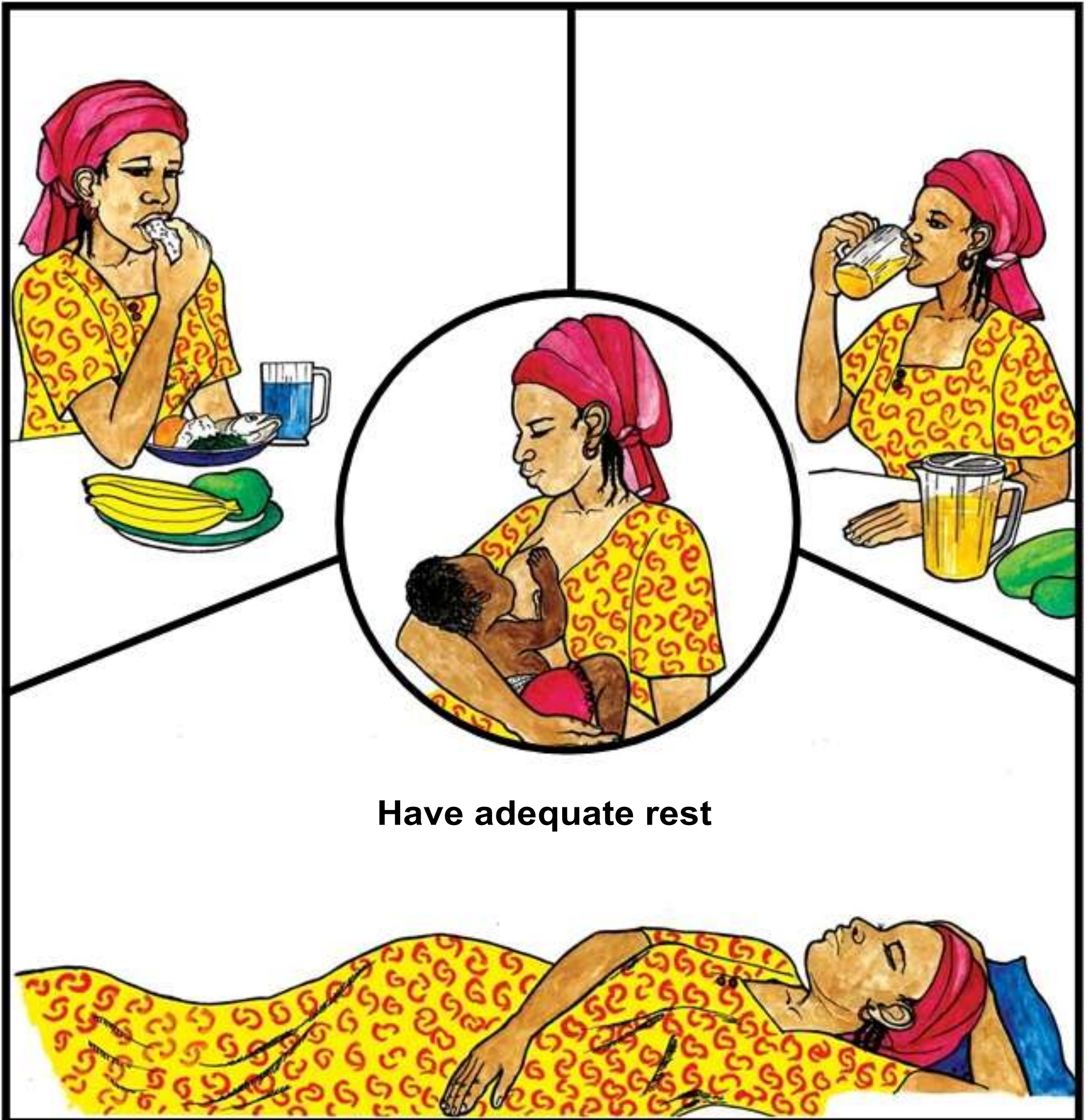
**Growth and development**

**“Eat the vitamin A rich foods like the orange sweet potato”**

# Maternal Nutrition and Breastfeeding

**Balance your meal**

**Take plenty of drinks**



**Have adequate rest**

**“Eat a balanced meal with plenty of drinks and have adequate rest so that you can breastfeed”**

# Infant and young child feeding

**0 - 6 months**



**Breastfeeding only**

**6 - 12 months**



**Give porridges and mashed foods**

**12 - 24 months**



**Give finely chopped family foods and continue breastfeeding**



**“Give your children the right kind of food so that they can grow and develop properly”**

# Nutrition care for the sick child

Continue breastfeeding

Give plenty of drinks



Give soft mashed foods

“Continue feeding a sick child with breastmilk, fluids and soft foods to quicken recovery from illness”

# Hygiene and sanitation

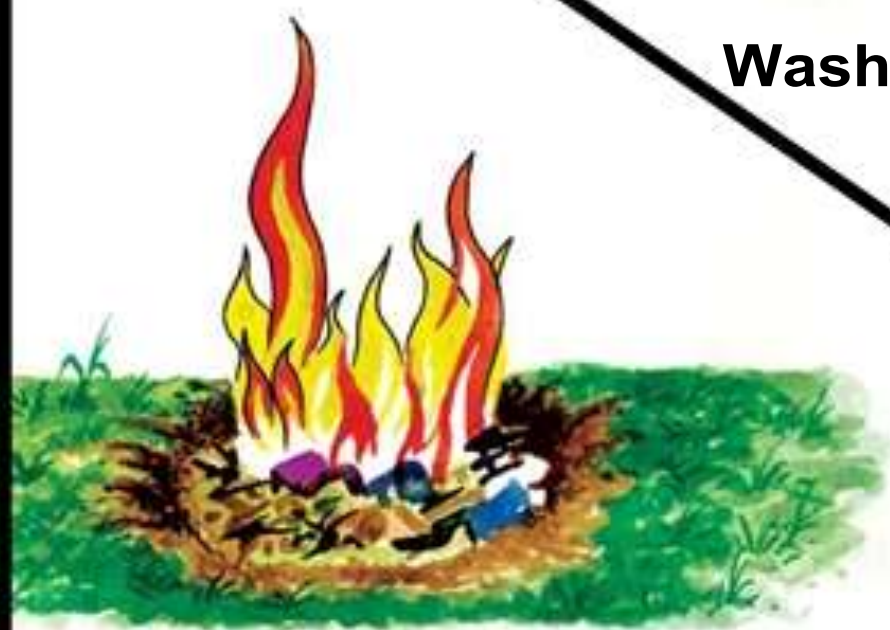
**Boil drinking water**



**Store in a clean covered container**



**Wash hands**



**Use a compost pit & burn rubbish**



**Use a pit latrine & wash hands after using it**

**“Practice good hygiene practices to keep away diseases”**