

# DIETARY COUNSELING FOR TARGET PATIENTS

NTD 412

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# OUTLINE

- Pregnant and Lactating women
- Infant and young child feeding (IYCF): Breastfeeding, Complementary feeding, sick child and HIV positive mothers
- Sick people
- People with infectious diseases: HIV, Tuberculosis
- People with Non communicable diseases



# Counseling for Pregnant & Lactating Women

Lactating women need to know about

- The benefit of exclusive breastfeeding
- the recommended period of exclusive and continued breastfeeding;
- timing of introduction of complementary food;
- what types of food to give, how much and how often; and how often to feed these foods safely.

## Safe preparation of food

- Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.
- Use clean utensils and store foods in a clean place.
- Cook meat, fish and eggs until they are well done.
- Wash vegetables, cook immediately for a short time and eat immediately to preserve nutrients.
- Wash raw fruits and vegetables before eating.
- Wash your hands with soap and water before preparing foods and after using the toilet and washing baby's bottom.



## Other important tips

- Rest more during the last 3 months of pregnancy and the first months after delivery.
- To prevent malaria, sleep under an insecticide-treated mosquito net.
- Take anti-malarial tablets as prescribed.
- Take de-worming tablets to treat worms and help prevent anaemia.
- Do not use alcohol, narcotics or tobacco products.



## Nutrition and HIV care

- Know your HIV status.
- To know your HIV status you must take a test.
- If you are HIV-infected, consult your health care provider on your care and treatment, and on how best to feed your baby.



- If you are HIV-infected, you need extra food to give you extra energy.
- Protect yourself and your baby from HIV and other sexually transmitted infections during pregnancy and while you are breastfeeding by practicing safe sex.
- Use condoms consistently and correctly. Consult a family planning counsellor.



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# Nutrition

## During Pregnancy and Breastfeeding



## Practice Good Nutrition

### What do you need to know?



- ✦ During your pregnancy, eat 3 meals each day plus one extra small meal or "snack" (food taken in between main meals).
- ✦ During breastfeeding, eat 3 meals each day plus two extra small meals or "snacks".
- ✦ Eat different types of local available foods each day.
- ✦ No special food is required to produce breast milk.
- ✦ Adolescent mothers need more food, extra care and more rest.

## Plan a 4 - Star Diet ★★★★★



**Staples:** grains such as maize, wheat, rice, millet and sorghum, and roots and tubers such as cassava and potatoes  
**1 star ★**



**Legumes** such as beans, lentils, peas, groundnuts, and seeds such as sesame  
**2 stars ★★**



**Vitamin A-rich fruits and vegetables** such as mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin and **other fruits and vegetables** such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage  
**3 stars ★★★**



**Animal-source foods** including foods such as meat, chicken, fish, liver and eggs and dairy products  
**4 stars ★★★★**



Oil and fat such as oil seeds, margarine, ghee and butter improve the absorption of some vitamins and provide extra energy.

## Protect Your Health

### Pregnant and breastfeeding women need to:

- ✦ Attend antenatal care at least 4 times during pregnancy starting as early as possible.
- ✦ Drink whenever you are thirsty.
- ✦ Avoid taking tea or coffee with meals and limit the amount of coffee you drink during pregnancy.



### What supplements do you need?

- ✦ You need iron and folic acid tablets during pregnancy and for at least 3 months after your baby's birth.
- ✦ Take iron tablets with meals to increase absorption.
- ✦ Always use iodised salt to prevent learning disabilities, delayed development, and poor physical growth in the baby; and goitre in the mother.
- ✦ Take vitamin A supplements immediately after birth or within 6 weeks after delivery to ensure that your baby receives the vitamin A in your breast milk.



# Counseling on Infant and Young Child feeding

## Feed more as the baby grows



### Begin to food at 6 months

**Type of food:**  
Soft porridge, well mashed food  
**How often:**  
2 to 3 times each day  
**How much:**  
2 to 3 tablespoons at each meal



### From 6 up to 9 months

**Type of food:**  
Mashed food  
**How often:**  
2 to 3 times each day and 1 to 2 snacks  
**How much:**  
2 to 3 tablespoons up to one-half (1/2) cup at each meal



### From 9 up to 12 months

**Type of food:**  
Finely chopped or mashed food and foods that baby can pick up with his or her fingers  
**How often:**  
3 to 4 times each day and 1 to 2 snacks  
**How much:**  
At least one half (1/2) cup at each meal



### From 12 up to 24 months

**Type of food:**  
Family foods, chopped or mashed if necessary  
**How often:**  
3 to 4 times each day and 1 to 2 snacks  
**How much:**  
Three-quarters (3/4) up to 1 full cup at each meal

\* A snack is extra food between meals

\*\* A cup is 250 ml

## Things to remember

- Between the age of 6 months and 2 years a child needs to continue breastfeeding.
- If you are not breastfeeding, feed your baby two cups (500 ml total) of milk every day.
- Avoid giving a baby tea, coffee, soda and sugary or coloured drinks. Limit amount of fresh juices.
- Always feed the baby using a clean open cup. Do not use bottles, teats or cup with a mouth piece.



- Continue to take your child to the clinic for regular check-ups and immunizations.
- During illness give the baby small frequent meals and more fluids, including breast milk or other liquids. Encourage the baby to eat a variety of (his or her) favourite soft foods. After illness feed more food and more often than usual for at least 2 weeks.



## How to Feed a Baby After 6 Months



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# After 6 Months

## What do you need to know?

- For the first 6 months, exclusively breastfeed your baby (no other milks, foods or liquids, not even sips of water).



- When your baby reaches 6 months, continue breastfeeding on demand both day and night.
- Breast milk continues to be an important part of the diet until the baby is at least 2 years.
- When feeding a baby between 6 and 12 months old, always give breast milk first before giving other foods.
- After 6 months of age, children should receive vitamin A supplements twice a year. Consult your health care provider.

## When your baby first starts to eat

- Give your baby 1 or 2 tablespoons of soft food three times each day. Gradually increase the frequency, amount, thickness and variety of food.



- Enrich the baby's porridge and mashed foods with breast milk, mashed groundnuts, fruits and vegetables, and start animal source foods as early and as often as possible.
- Your baby needs a variety of foods:



- Infants only need a very small amount of oil (no more than one half (1/2) teaspoon per day).

## Safe preparation and storage



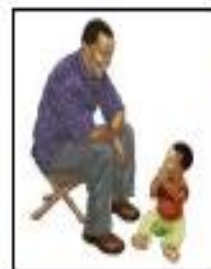
- Wash your hands with running water and soap before preparing food, and before feeding your baby. Baby's hands should be washed also. Wash your hands after changing nappies or going to the toilet.



- Wash all bowls, cups and utensils with clean water and soap. Keep covered before using.



- Prepare food in a clean area and keep it covered. A baby should have his or her own cup and bowl.
- Serve food immediately after preparation.
- Thoroughly reheat any food that has been kept for more than an hour.



- Babies gradually learn to feed themselves. An adult or an older child should encourage the baby to eat enough food and ensure that the food remains clean.



# Counseling for sick Child

Nutrition counseling messages for caregivers of sick children include:

- If the child is breastfed, continue to breastfeed when the child is sick or breastfeed more often.
- Be extra patient in encouraging the child to eat and making the child comfortable.
- Feed a variety of foods that are rich in nutrients, such as fruits, and rich in energy, such as enriched porridge.
- Feed foods that the child likes.
- Feed small meals often.
- Pay attention to the child and make feeding time happy.
- After illness, appetite usually increases. Feed extra food to help the child regain lost weight and possibly speed up catch-up growth. Either breastfeed the child more often or, if the child is older than 6 months, give food more often than usual and include an extra meal.
- Feed fruits and foods with extra energy and/or nutrients such as enriched porridge.
- Give the child extra fluids (if the child is not breastfeeding exclusively) and make sure drinking water is boiled and treated.

# Counseling HIV-positive Mothers on IYCF

- The WHO global guidelines includes the following messages:
- Mothers of HIV-positive infants should breastfeed exclusively for 6 months, then begin complementary feeding and continue breastfeeding along with complementary foods up to 24 months of age and beyond.
- Mothers of infants who are HIV negative or of unknown HIV status should breastfeed exclusively for the first 6 months, then introduce complementary foods and continue to breastfeed for the first 12 months. They should stop breastfeeding gradually, over 1 month, only when they can provide their infants with a nutritionally adequate and safe diet without breast milk.
- Inform mothers known to be HIV-infected about infant feeding alternatives

# Nutrition counseling for people living with HIV.

- Eat a variety of foods from all food groups every day.
- Increase energy intake to meet the extra energy needs caused by HIV and opportunistic infections.

Stage of HIV infection	Extra intake required per day
Early, asymptomatic stage (adults)	10 percent more energy (about 200–250 more kcal or one additional snack)
Late, symptomatic stage (adults)	20–30 percent more energy (400–750 additional kcal or 2–3 additional snacks)
Symptomatic stage (children)	50–100 percent more energy

- Take antiretroviral drugs (ARVs) as prescribed to stimulate appetite and help recover body mass and improve immune function. Skipping doses increases the viral load and lowers resistance to opportunistic infections.
- Some ARVs should be taken with food, some without food, and some either with or without food to maximize their effectiveness and minimize negative side effects.

# Nutrition counseling for people with NCDs

Focus on the following recommendations:

- Eat less sugar and avoid sugary drinks.
- Avoid processed foods.
- Eat plenty of fruits and vegetables to get needed vitamins and minerals.
- Get regular exercise.
- Eat more fiber from fruits, vegetables, whole grains, pulses, and nuts.
- Eat fewer fatty and fried foods.