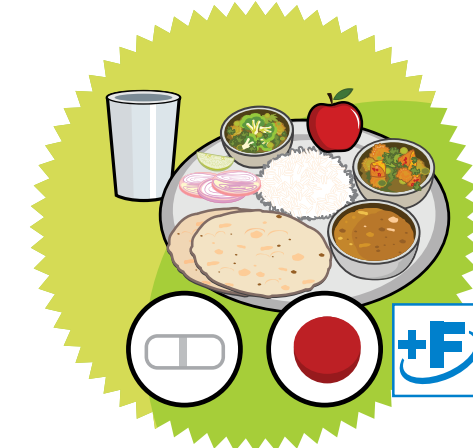


# AMI LAKA NUTRITION Khisaa



## Ami khaa tu

- ✓ Nutritious khapoli rich tu vitamin aro iron
- ✓ Fortified milk, dil, iodized nimok
- ✓ Ekta red IFA tablet every day char moina bara 180 din karni
- ✓ Calcium tablet laka prescribed dose
- ✓ Ekta albendazole tablet second trimester ti.



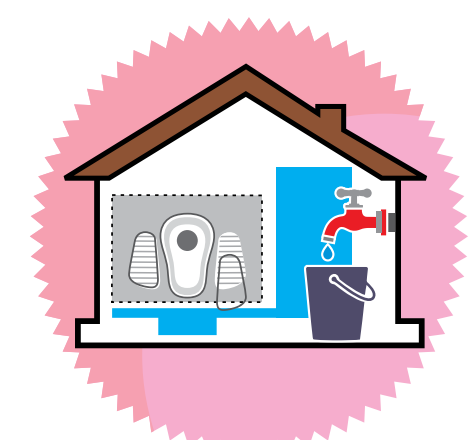
## Ami khai

- ✓ Container ti pond kora rakia safe water



## Ami loi asih

- ✓ Pregnancy time ti komsikom antenatal check up char bar
- ✓ Osor hospital aro health centre ti institutional delivery



## Ami practice

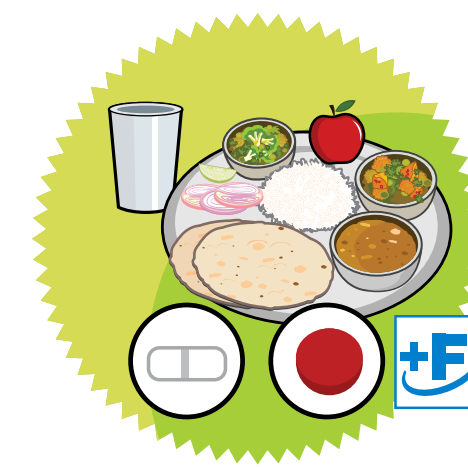
- ✓ Cook nokorati, bhaat nekha akoti aro toilet jaa bijoti hodai haat to soap aro paani bara tholai
- ✓ Hodai toilet use kori

## APONI BI KINUKA?

# BHAL NUTRITION TANGOR NATION KONBI KHAO BIYA NETAKIBO



# AMI LAKA NUTRITION Khisaa



## Ami khaa tu

- ✓ Nutritious rich khapoli vitamin aro iron
- ✓ Fortified milk, dil aro iodized nimok
- ✓ Ekta red IFA tablet har din choi moina karni (180 din ) post delivery
- ✓ Calcium tablet laka prescribed dose



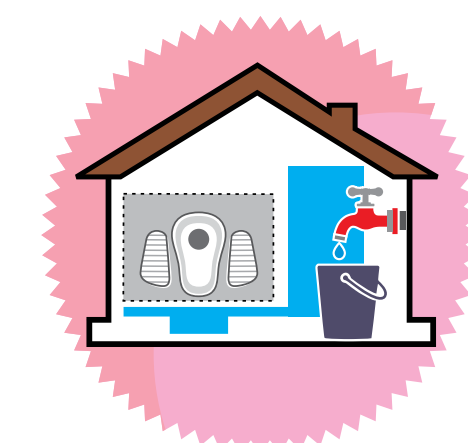
## Ami khai

- ✓ container ti pond koria rakha safe water



## Ami dooth khilai

- ✓ Amilaka noton jonom baby ki colostrum lokot jonom loki first hour ti
- ✓ First choi moina tak dhama dham khilai
- ✓ Amilaka bacha choi moina hoikina complimentary feeding soro kori



## Ami practice

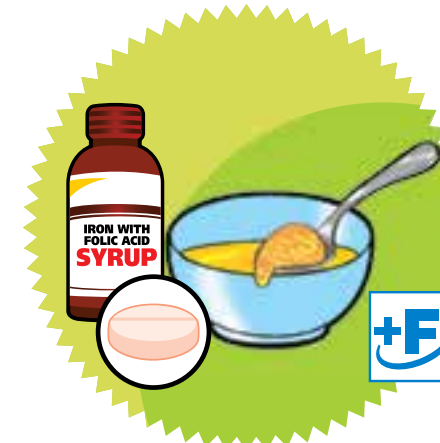
- ✓ cook nokora, bhaat nekha ti, feeding akoti aro toilet bejoti hodai ami haat tu soap aro paani bara tholai
- ✓ hodai toilet use kori, aro bacha laka faeces disposal use kori

**APONI BI KINUKA?**

**BHAL NUTRITION TANGOR NATION**  
**KONBI KHAO BIYA NETAKIBO**



# AMI LAKA NUTRITION Khisaa



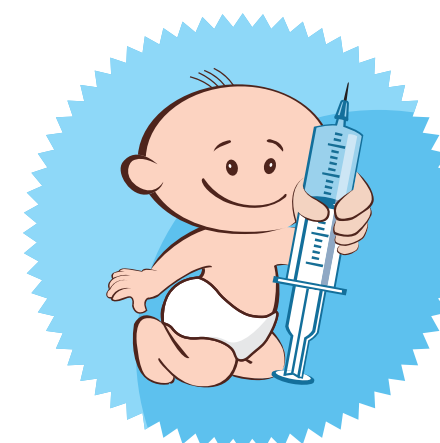
## Ami dey

- ✓ Breast milk lokot mashed aro semi-solid complimentary food
- ✓ Fortified milk, dil, aro iodized nimok
- ✓ IFA syrup ik hafta ti ekbar
- ✓ Prescribed dose albendazole tablet har choi moinati peet ti kira bara pachaboli



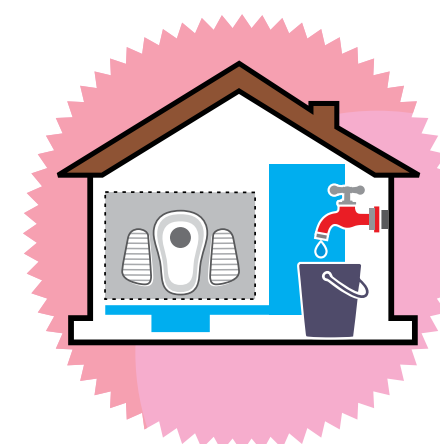
## Ami khapoli diatu

- ✓ contair ti pond kori rakha safe water



## Ami loa tu

- ✓ Schedule hisapti full immunisation pans sal omer tak
- ✓ Ami overall khao aro mental growth regular monitor kori



## Khao bhal takiboli practice kori

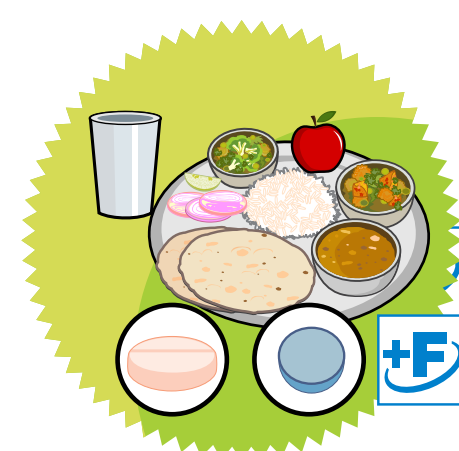
- ✓ soap aro pani bara hodai haat tholai:
  - cooking food akoti aro feeding akoti
  - ami paikhana kora bijoti
- ✓ toilet ti safe disposal use kori toilet hoikina

## APONI BI KINUKA?

**BHAL NUTRITION TANGOR NATION**  
**KONBI KHAO BIYA NETAKIBO**



# AMI LAKA NUTRITION Khisaa



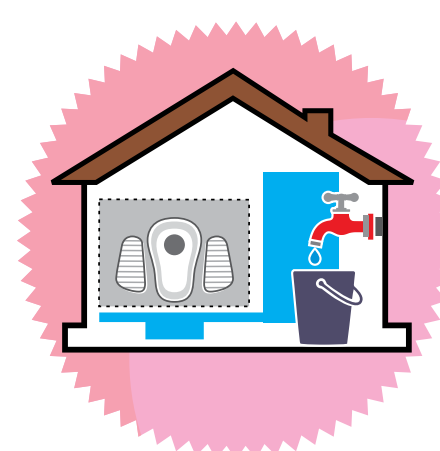
## AMI KHA TU

- ✓ Nutritious rich khapoli vitamin aro iron
- ✓ Fortified milk. Dil aro iodized nimok
- ✓ Ekta blue IFA tablet hafta ti ekbar
- ✓ Pet ti kira bara pachaboli eksal ti toibar tak ekta albendazole tablet



## AMI KHAI asih

- ✓ Container ti pond kori rakha safe water



## AMI PRACTICE

- ✓ Bhaat neka akoti aro toilet jaa bijoti hodai soap aro pani bara amilaka haat tholai
- ✓ Menstrual hygine
- ✓ Hodai toilet use kori

## APONI BI KINUKA?

# BHAL NUTRITION TANGOR NATION KONBI KHAO BIYA NETAKIBO

