Solidarity and Action Against The HIV Infection In India
An overview of this flip book

We would learn basic information on nutrition through this flip book. We will learn about following thirteen components that discuss eating balanced food, storing and cooking methods, and other aspects that make healthy eating practices.

1. Eating Balance diet
2. Safe Food Procurement
3. Storage of Food Safely at home hold level
4. Appropriate Cooking Methods
5. Safe Drinking Water
6. Utilization of leftover Foods
7. Food consumption at outside
8. Right methods of storing/using Macro Nutrient Supplements
9. Appropriate Methods of Infants Feeding
10. Appropriate Methods of Feeding Children
11. Prevention Food borne illness
12. Maintaining Environmental and Personal Hygiene
13. Practicing Healthy Habits
Section - 1 : Eating Balanced Diet

Good nutrition paves way for good health and it can be achieved by taking a balanced diet. The Food Pyramid can help you in making dietary choices. The food pyramid guides about the foods you need each day and the portions of food you need each day. We would discuss each of these food groups and its functions in next few pages. Balanced diet contains sufficient amount of Carbo Hydrates, Proteins, Fats, Minerals and Vitamins.
Cereals and cereal products

Cereals are the staple foods in the diet of people all over the world. The bulk of calories/energy is obtained from this group.

Sources:
- Rice, wheat, bread, chapati, noodles, vermicelli, bajra, ragi, maize and oats are the foods that belong to this group.
- Certain root vegetables like potatoes, sweet potatoes, yam and tapioca are also included in this group.

Functions:
Nutrients present in this food group (such as Carbohydrates, Proteins, Vitamins, minerals and dietary fibre) promote your health fitness, help in building your body strength and are one of the main sources of excellent energy providers.

Quantity:
6 or more servings (One serving is equal to 150-200 gm)
మాటల మాదమ కాయ కాబట్టి బిందు నందు
Fruits and Vegetables

- Fruits and Vegetables are called as 'Protective foods' as they are rich in vitamins and minerals. They are low in calories and high in fibre.

Sources:
- Green leafy vegetables like keerai and cabbage are included in vegetables.
- Beans, capsicum, bitter gourd, snake gourd, field beans are other vegetables in this category.
- Roots and tubers like potatoes, sweet potatoes, carrot, beet, radish, onion are also comes under this group.
- Fruits include banana, apple, orange, guava, mango, pineapple, papaya, grapes.

Functions:
This food group is rich source of Vitamins and Minerals. It not only provides good health but also fight against diseases and gives protection and results of increase immune system. Rich fibre source decreases the condition.

Quantity:
- Vegetables- 3 - 5 servings
- Fruits- 2 - 4 servings
పచ్చి మిషన్ రాష్ట్రాలు
**Milk and milk products, Pulses and Nuts, Meat and Poultry**

These are rich sources of protein. They help in body building, growth and maintenance of body tissues.

**Sources:**
- Milk, curd, buttermilk, cheese, milk powder
- Pulses (whole and split) like green gram, soyabean, black gram, red gram, chickpea, etc.
- Nuts like groundnuts, walnuts, cashew nuts, almonds, etc.
- Meat and poultry include chicken, eggs, mutton, etc., and sea foods like fish, prawn, crab, lobster, etc.

**Functions:** Nutrients present in this food group play a major role in ensuring well being. The primary function of this food group is building and repairing body tissues and building muscles. Foods rich in Iron and Vitamins, helps build strong bones, teeth and support muscles (for children).

**Quantity:**
- 2 servings
నూతనము, దాని విధానాలు, ఎంపతే ఆయుర్వేద శాస్త్రం తెలియవచ్చు.
Fats, oils and sweets
Foods belonging to this category are calorie dense but very poor in nutrients and are not healthy when consumed in large quantity.

Sources:
- Fats and oils include vegetable oil, cereal oil (rice bran oil), ghee, butter and vanaspati, dalda
- Sweets include sugar, jaggery, honey and chocolates

Functions:
Sweets provide only high energy. They are poor in all other nutrients.

Quantity:
Use occasionally
చిన్న అడుగు భాగం రాకుండా ఉంటే అది నాటి ప్రతిష్ఠాపన చెందినది.
Water and Exercise

- In addition to the food groups to be consumed one needs to drink at least 8 glasses of water and exercise everyday. (Nearly 2½ Ltrs / day)
- Water is necessary for all digestive, absorption, circulatory, and excretory functions.
- For health benefits physical exercise is necessary. Walking or exercise is required at least 30 minutes a day. Moderate exercise (Walking, Cycling, Dancing, Gardening) vigorous exercise (Running, Jogging, Swimming, Brisk Walking etc.) add up at least 30 minutes a day.
మంగి కోసం మామల తోమాతండు
Section - 2 : Safe Food Procurement

Buying good quality foods is an important for healthy living as cooking and eating them are. The following points can help you buy good quality food stuffs for you and your Family:

- Before you buy, examine fruits, vegetables and neat for freshness.
- Never buy bruised or damaged fruits or vegetables. Always buy clean fruits and vegetables and wash them thoroughly before eating.
- While buying fruits, vegetables, meat and poultry always check for the following
  - Green leafy vegetables should have fresh, clean leaves of a good green colour. Do not buy if the leaves are wilted or yellow in colour
  - Vegetables should look fresh and not show any signs of spoilage.
  - Meat and poultry is clean and free of dirt.
- Eggs: Test the quality of egg by immersing it in clean water. Good eggs sink and rotten eggs float in the water.
పిండి శరీర పంతకు రకమగా స్థాపించండి

పిండి శరీర పంతకు రకమాడు దాటండి.
Section - 3 : Storing Food Safely at House Hold Level

▶ Store all types of foods in a clean dry place such as shelves, cupboards, closed drums or cardboard boxes.

▶ Always store raw foods and cooked foods separately in clean vessels/containers.

▶ Keep the cooked foods covered with a clean lid.

▶ Check the stored foods periodically for rodent or insect infestation.
Section - 4 : Appropriate Cooking Methods

- Always wash cereals and pulses in clean, running water before cooking.
- Always use clean running water to wash fruits and vegetables.
- Wash raw fruits and vegetables and flesh foods separately.
- Do not wash fruits and vegetables after cutting.
- Washing fruits and vegetables after cutting results in depletion of nutrients.
Appropriate Cooking Methods

- Use clean and separate surfaces and clean knives for cutting vegetables and raw meat.
- Cut vegetables into large pieces for cooking. Very small pieces result in loss of nutrients.
- Discard any rotten fruits/vegetable. Do not try to use them in parts.
హాసకారం

మిళ్ల మందిరి అవసరమే మాట్లాడది మాత్రమే
Appropriate Cooking Methods

- Add just the right amount of water for cooking vegetables, rice dal or meat.
- Never overcook vegetables and meat. Cook the food for the right period of time.
- Do not throw away the water used for cooking vegetables. Use it for preparing rasam / sambhar or for making chapati.
పత్తి నియంత్రించాలంటే యొక్క నామాంశలో పాను కావు పొందండి.
Appropriate Cooking Methods

- All kinds of meat should always be thoroughly cooked. Partially cooked meat may not reach a temperature sufficient to destroy bacteria and may even encourage bacterial growth.
- Always serve food immediately after cooking. If this is not possible, store them under hygienic conditions.
- Boil milk well before consumption
பெண்கள் வாழ்வில் அன்பு கொடுவதற்கு வேண்டும்
Section - 5: Consuming Safe Drinking Water

- For cooking and drinking purposes, always use water that is boiled for at least 20 minutes in a clean vessel.
- Store boiled water in the same utensil used for boiling and cover with a clean lid.
- If you use bottles for storing water, wash them clean before storing water in them.
- Use a container with a tap or a cup with a long ladle to use boiled water.
- Use only boiled water for diluting certain foods. E.g. Chutney, baby foods, buttermilk.
పండృశిత తొగ సిద్ధిచేస్తాం

దుంపించిన శిశువు సంచాలని చేయండి.
Section - 6 : Utilization of Leftover Foods

- Always discard doubtful food- foods that look or smell strange. (e.g. moldy bread)
- Do not eat leftover foods. Even a small amount of contaminated food can cause illness.
- To reheat all leftovers, cover and heat until hot and steaming before consumption.
- Leftover Rasam, Sambhar must boil before consume.
మాట్డి వాతావరణ మార్పు కారణం కనిపిస్తుంది
Section - 7 : Food consumption at outside

- As far as possible try to avoid eating out. In case if it is unavoidable, do not consume raw / partially cooked foods.
- Insist on getting hot, boiled water in restaurant.
మాత్రము ఘటనలు అధికంగా జనసంఖ్య మిసింగ్ నిర్ధారించండి}

సమస్యలు ద్వారా సమాధానానికి సమాధానము చేయండి.
Section - 8: Right methods of Storing /Using Macro nutrient Supplements

- Open the pack and transfer the material into clean, dry, air tight container
- Recap the container immediately after every use.
- Do not use wet spoons/ladles or hands to use the macro supplement.
- Wash hands before using macro supplement
Section - 9 : Appropriate Methods of Infant Feeding

- Always wash hands thoroughly with soap and clean water before handling and feeding the infants.
- Sterilize (rinse and boil in water for at least 5 minutes) feeding bottles, nipples caps, and teething toys each time before use. Dry them with a clean cloth.
- Maintain personal hygiene especially if you are planning to nurse (breast feed) your baby.
- Consult with your health care provider about making a feeding choice for your baby (either exclusive breast feeding or exclusive bottle feeding)
- Avoid mixed feeding. (i.e. both breast feeding and bottle feeding)
మహిళారి ఉత్సవం ప్రతి సందర్భంలో ఉత్తమం

- జుబ్బు ఉదాహరణ క్రమంలో అంచన పంపించండి
- పచ్చన శిక్కాంపాడు క్రమంలో అంచన పంపించండి
Appropriate Methods of Infant Feeding

- Prepare the food just before you plan to feed baby.
- Store unprepared infant foods in a clean and dry container.
- Use boiled water to prepare infant foods.
- Do not feed your baby with large pieces of food.
- Before you feed baby make sure that lumps are properly dissolved.
Section - 10 : Appropriate Methods of Feeding Children.

- Ensure that child is eating lunch at school which is packed lunch from home or mid day meals provided at school.

- Provide a bottle of clean boiled water along with the packed lunch

- Always ensure that child is eating at least 3 meals a day and drinking enough water.

- Encourage child to involve in play activities. This helps in building up a good appetite and physical development.
వెండి శాసనం ముందు మామలు ఏమిటే సాధ్యము.
Food and water are the most important carriers of illnesses, which further weaken our immune system. Following simple steps as discussed in previous sections on right methods of procuring, storing and cooking can prevent such illnesses.

Symptoms like nausea, vomiting, diarrhea, stomachache and fever are the most common symptoms of food borne illness.

If you experience any of these symptoms, report immediately to doctor.
Section - 12 : Maintaining Environmental and Personal hygiene

► Always wash hands with soap and clean water before and after handling food.
► Use toilets to urinate and defecate. Keep the toilets clean.
► Always dispose waste into dustbins.
► Use a dustbin with a lid so as to keep away from flies and bad odour.
చెల్లిసే మామూలు మూసిన మామూలు విద్యార్థులకు విదేశారిలో పెట్టుక లేదు.
Maintaining Environmental and Personal hygiene

- Cover any open cuts and wounds with a bandage before handling any type of foods.
- Avoid cooking when you don't feel well.
- Always clean oral discharges (saliva) and other body discharges (eg: pus, blood) immediately with an antiseptic solution.
- Dispose the dressings into covered dustbins after disinfecting with bleach.
శుధించండి మిశ్రమం ప్రత్యేకంగా మాటించండి మరియు విస్తీర్ణం
Section - 13: Practicing Healthy Habits

- Exercise everyday. It improves appetite, sleep and general well being.
- Abstain from drugs, alcohol and smoking.
- Take medicines and nutritional supplements regularly as per your health care provider’s advice.
- Eat with company. This is known to improve food intake, than eating alone.
- Exercise and good habits in combination with a balanced diet can bestow you with the boon of good mental, physical and emotional health.
శిక్షణవిధాన ప్రకటన పత్రికలు

ఎందుకంటి మహిళ ఉపయోగించడం శక్తిలోను వచ్చింది.

ఆమెను ప్రకాశం తినకాని ప్రత్యేకమైన పతనసంచాలనలు.
NOTE

Nutrition - a step for healthy living is developed as a practical guide for individuals to learn about nutrition and healthy eating habits. It is designed as a tool that can be used by nutritionists, counselors, out Reach Workers and any other staff interfacing with PLHA. (People living with HIV/AIDS)

The content of the flip chart is designed to be simple and focus on basics of nutrition and healthy eating habits so as to ensure that professionals at different levels can use it for both PLHAS as well as their members of HIV affected families.

నాటి

స్థాయితి - అంగేంటువచ్చు అదిగారి నియంత్రణ నియంత్రణం: కృష్ణ అనంతారుగా అంగేంటువచ్చు అదిగారి నియంత్రణం ప్రతి విశ్వాసం కరుగు నియంత్రణం. అంగేంటువచ్చు నియంత్రణ నియంత్రణం అదిగారు నియంత్రణం అందించు ఉంటుంది. అంగేంటువచ్చు నియంత్రణం, రికార్డులు, నియంత్రణ నియంత్రణం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అందించు ఉంటుంది. అంగేంటువచ్చు నియంత్రణం కరుగు (కరుగు నియంత్రణ నియంత్రణ నియంత్రణం, నియంత్రణ నియంత్రణం) నియంత్రణ నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం కి ప్రతి విశ్వాసం కరుగు నియంత్రణం అవసరం.
Acknowledgment... we are very grateful to Tamil Nadu Family Care Continuum Program team for helping us in developing this nutrition flip book.

Solidarity and Action Against The HIV Infection In India
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Solidarity and Action Against The HIV Infection In India

SAATHII

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- Vegetables- 3 - 5 servings
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Milk and milk products, Pulses and Nuts, Meat and Poultry

These are rich sources of protein. They help in body building, growth and maintenance of body tissues.

Sources:
- Milk, curd, buttermilk, cheese, milk powder
- Pulses (whole and split) like green gram, soyabean, black gram, red gram, chickpea, etc.
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- బండం
- ఖయాతి
- ట్యానక్
- జాబి
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- While buying fruits, vegetables, meat and poultry always check for the following
  - **Green leafy vegetables** should have fresh, clean leaves of a good green colour. Do not buy if the leaves are wilted or yellow in colour.
  - **Vegetables** should look fresh and not show any signs of spoilage.
  - **Meat and poultry** is clean and free of dirt.
- **Eggs:** Test the quality of egg by immersing it in clean water. Good eggs sink and rotten eggs float in the water.
మేటి ఎంచుకుంటే మాటాడుకోకండా మనం ఎంతో నెలిగింది

పెంచే విచెట్టు మీద లేక దీనిని పట్టుప్పించండి
Section - 3 : Storing Food Safely at Household Level

- Store all types of foods in a clean dry place such as shelves, cupboards, closed drums or cardboard boxes.
- Always store raw foods and cooked foods separately in clean vessels/containers.
- Keep the cooked foods covered with a clean lid.
- Check the stored foods periodically for rodent or insect infestation.
అయితే మాటే అసిలుతూ అడబ కొనియాడేందుకు ఇది అద్భుతం ఉంది.

అదిని ఉపయోగించడానికి ప్రయత్నించండి.
Section - 4: Appropriate Cooking Methods

- Always wash cereals and pulses in clean, running water before cooking.
- Always use clean running water to wash fruits and vegetables.
- Wash raw fruits and vegetables and flesh foods separately.
- Do not wash fruits and vegetables after cutting.
- Washing fruits and vegetables after cutting results in depletion of nutrients.
పాలనా వివిధ అవకాశాలతో నిషేధించిన నియంత్రణ సమయాన్ని మాట్లాడం ప్రచార పటం
Appropriate Cooking Methods

- Use clean and separate surfaces and clean knives for cutting vegetables and raw meat.
- Cut vegetables into large pieces for cooking. Very small pieces result in loss of nutrients.
- Discard any rotten fruits / vegetable. Do not try to use them in parts.
నిష్పాధి పచ్చి అంతర మాటలు గాను మామలు

రషహోమయో
Appropriate Cooking Methods

- Add just the right amount of water for cooking vegetables, rice dal or meat.
- Never overcook vegetables and meat. Cook the food for the right period of time.
- Do not throw away the water used for cooking vegetables. Use it for preparing rasam / sambar or for making chapati.
నిశ్చల ప్రత్యేకిత విధానాలను పాటు కడపలేదు.
**Appropriate Cooking Methods**

- All kinds of meat should always be thoroughly cooked. Partially cooked meat may not reach a temperature sufficient to destroy bacteria and may even encourage bacterial growth.
- Always serve food immediately after cooking. If this is not possible, store them under hygienic conditions.
- Boil milk well before consumption.
పంద్య పంచాయితీ ఐటి మాడలు యొక్కి పంచ పంద్య పండ్య

![Image of cooking pots](image-url)
Section - 5 : Consuming Safe Drinking Water

- For cooking and drinking purposes, always use water that is boiled for at least 20 minutes in a clean vessel.
- Store boiled water in the same utensil used for boiling and cover with a clean lid.
- If you use bottles for storing water, wash them clean before storing water in them.
- Use a container with a tap or a cup with a long ladle to use boiled water.
- Use only boiled water for diluting certain foods. E.g. Chutney, baby foods, buttermilk
- If you use water filters, clean them daily.
Section - 6 : Utilization of Leftover Foods

Always discard doubtful food- foods that look or smell strange. (e.g. moldy bread)

Do not eat leftover foods. Even a small amount of contaminated food can cause illness.

To reheat all leftovers, cover and heat until hot and steaming before consumption.

Leftover Rasam, Sambhar must boil before consume.
మిగిలి వాటిని మార్పు చేయాలి రూపాలు
Section - 7: Food consumption at outside

- As far as possible try to avoid eating out. In case if it is unavoidable, do not consume raw / partially cooked foods.
- Insist on getting hot, boiled water in restaurant.
Section - 8 : Right methods of Storing /Using Macro nutrient Supplements

- Open the pack and transfer the material into clean, dry, air tight container
- Recap the container immediately after every use.
- Do not use wet spoons/ladles or hands to use the macro supplement.
- Wash hands before using macro supplement
Section - 9 : Appropriate Methods of Infant Feeding

- Always wash hands thoroughly with soap and clean water before handling and feeding the infants.
- Sterilize (rinse and boil in water for at least 5 minutes) feeding bottles, nipples caps, and teething toys each time before use. Dry them with a clean cloth.
- Maintain personal hygiene especially if you are planning to nurse (breast feed) your baby.
- Consult with your health care provider about making a feeding choice for your baby (either exclusive breast feeding or exclusive bottle feeding)
- Avoid mixed feeding. (i.e. both breast feeding and bottle feeding)
Appropriate Methods of Infant Feeding

- Prepare the food just before you plan to feed baby.
- Store unprepared infant foods in a clean and dry container.
- Use boiled water to prepare infant foods.
- Do not feed your baby with large pieces of food.
- Before you feed baby make sure that lumps are properly dissolved.
వాయిసుకు సత్యం ప్రతి వార్షికం మాముల ఆస్తు సంచాలన చేయండి.
Section - 10 : Appropriate Methods of Feeding Children.

- Ensure that child is eating lunch at school which is packed lunch from home or mid day meals provided at school.

- Provide a bottle of clean boiled water along with the packed lunch

- Always ensure that child is eating at least 3 meals a day and drinking enough water.

- Encourage child to involve in play activities. This helps in building up a good appetite and physical development
Section - 11 : Prevention Food borne illness

- Food and water are the most important carriers of illnesses, which further weaken our immune system [Following simple steps as discussed in previous sections on right methods of procuring storing and cooking can prevent such illnesses]

- Symptoms like nausea, vomiting, diarrhea, stomachache and fever are the most common symptoms of food borne illness

- If you experience any of these symptoms, report immediately to doctor
పొలించిన మాట మీ నుండి వంటి పాతిస్మార్ఖాలు కనిపిస్తాయి.
Section - 12 : Maintaining Environmental and Personal hygiene

- Always wash hands with soap and clean water before and after handling food.
- Use toilets to urinate and defecate. Keep the toilets clean.
- Always dispose waste into dustbins.
- Use a dustbin with a lid so as to keep away from flies and bad odour.
పుష్పాంశ మాల్లు ప్రతి మాసం ప్రాముఖ్యతాత్మకం

చిత్రంలో దృశ్యం ఉంది.
Maintaining Environmental and Personal hygiene

- Cover any open cuts and wounds with a bandage before handling any type of foods.
- Avoid cooking when you don’t feel well.
- Always clean oral discharges (saliva) and other body discharges (eg: pus, blood) immediately with an antiseptic solution.
- Dispose the dressings into covered dustbins after disinfecting with bleach.
ప్రపంచ మేఘాల దిశలో నాశన లేవు
Section - 13 : Practicing Healthy Habits

- Exercise everyday. It improves appetite, sleep and general well being.
- Abstain from drugs, alcohol and smoking.
- Take medicines and nutritional supplements regularly as per your health care provider’s advice.
- Eat with company. This is known to improve food intake, than eating alone.
- Exercise and good habits in combination with a balanced diet can bestow you with the boon of good mental, physical and emotional health.
அர்த்தங்கறிசை வலிமை மாற்றமாக
NOTE

Nutrition - a step for healthy living is developed as a practical guide for individuals to learn about nutrition and healthy eating habits. It is designed as a tool that can be used by nutritionists, counselors, out Reach Workers and any other staff interfacing with PLHA. (People living with HIV / AIDS)

The content of the flip chart is designed to be simple and focus on basics of nutrition and healthy eating habits so as to ensure that professionals at different levels can use it for both PLHAS as well as their members of HIV affected families.
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