



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)

Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



## Assorted Cookies

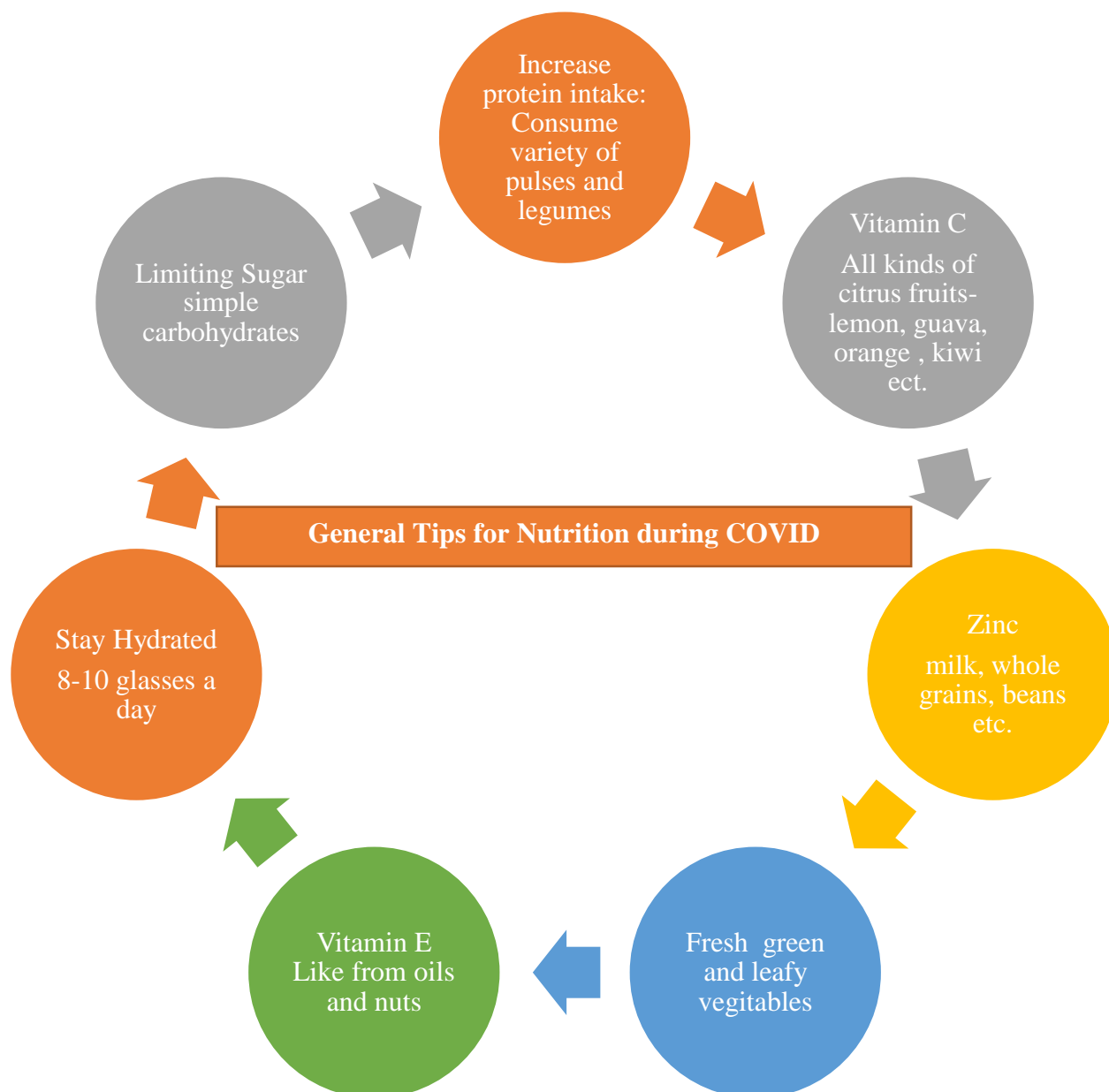
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Covid-19 as a pandemic that has an ability and quality to initiate a storm of Malnourishment. The government mandated lockdowns, disruptions in government food supply mechanism like Mid-day meals, take home rations through anganwadis, public distribution mechanisms and breakdown of food supply and demand markets have become drivers affecting dietary habits and quality in lower- and Middle-income countries like India specially the vulnerable groups. A well-balanced and nutritious diet plays an important role in triggering the immune system and keeping infections at bay- a strong and healthy immune system thus, can be built by taking adequate nutrition and hydration which also lowers the risk of infectious diseases.

We the team of DDU-KK, from DAVV Indore bring to you a comprehensive guide on how to manage nutrition during the pandemic specially for the vulnerable segments of children, adolescents, pregnant women and lactating mothers.



**Mrs. Sharvari Ubale**  
Public Health  
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## 1 Exclusively Breastfeed your Child



- You should start breastfeeding your baby within **1 hour of birth** and continue to breastfeed them **exclusively during the first 6 months** of their life.
- Carry on breastfeeding your child until they are **at least 2 years old**.
- If you have confirmed or suspected COVID-19, use a **medical mask when near your child**, wash your hands thoroughly with soap or sanitizer before and after contact with your child, and routinely clean and disinfect any surfaces you touch.

## 2 Give Your Child Fresh and Unprocessed Food



- Give your child **Seasonal fruit, vegetables, legumes** (e.g. lentils, beans), nuts and **whole grains** (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potatoes), and foods from animal sources (e.g. meat, fish, eggs and milk)
- **Home gardening** is always a better option for having additive free food daily
- If you use canned or dried vegetables and fruit, choose varieties **without added salt or sugar**.

## 3 Make Sure Your Child Drinks Enough Water Everyday



- **Water is the best choice**, but you can also give them other drinks (e.g. unsweetened milk), fruit and vegetables that contain water (e.g. cucumber, tomatoes, spinach, mushroom, melon, broccoli, Brussels sprouts, oranges, apples, blueberries), and avoid giving them sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.
- **Make sure your child has 8–10 cups** of water every day.

## 4 Make Sure Your Child Eats Healthy Fat



- Make sure your **child eats unsaturated fats** (found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) **rather than saturated fats** (found in fatty meat, butter, coconut oil, cream, cheese, ghee and lard).
- Give your child white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.
- Do not give them industrially produced trans fats (found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads).

## 5 Limit Your Child's Salt and Sugar



- When cooking and preparing food for your child, **limit the amount of salt and high-sodium condiments** (e.g. soy sauce and fish sauce).
- Limit the amount of salt you use daily to **less than 5 g** (approximately 1 teaspoon), and **use iodized salt**.
- Do not give them soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt.)
- **Remember:** fresh fruit is the best choice for your child, not sweet snacks such as cookies, cake and chocolate.



## NUTRITION FOR ADOLESCENTS

**ENERGY:** Caloric needs increase with the metabolic demands of growth & energy expenditure.

**FAT:** Adolescents, in particular need fat in diet to help the brain & nervous system develop normally.

**PROTEINS:** Protein requirements increases to meet growth needs & for pubertal changes in both sex & for developing muscle mass.

**IRON:** Iron requirements increases due to expansion of blood volume & increase in muscle mass & also due to menstrual blood loss.

**CALCIUM:** Calcium needs increases due to increase in muscle mass and bone density.

**VITAMINS:** Both fat soluble and water soluble vitamins are needed for development and growth.

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### *Nutrition for Pregnant Women*

- Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava).
- Daily Meal: 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans.
- For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.
- Avoid industrially produced Trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.
- Drink 8-10 cups of water every day.
- Water is the best choice, but you can also consume other drinks, fruits and Vegetables that contain water, for example lemon juice (diluted in water And unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.
- Limit your salt intake to less than 5gm and use iodized salt.
- Limit intake of soft drinks or soda and others drinks that high in sugar (fruit juices, syrups, flavoured milks and yogurt drinks).
- Choose fresh fruits instead of cookies, cakes & chocolate.
- Use jaggery, honey, dates, anjeer in place of sugar.
- While making green vegetable, do not roast it too much, it destroys its nutrients.

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