

NUTRITION FOR EVERY STAGE OF LIFE



Food for Health. Health for All
Nutrition shapes your body, brain, and future – at every stage of life.

PREGNANCY (BEFORE BIRTH)

Why it matters

Your baby's body and brain are built during pregnancy. What you eat affects their weight, growth, and future health.

Action

- A variety of foods including protein (liver, chicken, fish, red meat, beans, lentils, eggs), dairy (maas, milk, yoghurt), fruit and vegetables.
- Take iron, folic acid & calcium supplements.

Did you know?

Eating food rich in vitamin C (oranges, paw paw, broccoli, cauliflower) alongside iron rich food (red meat, chicken, beans, lentils, spinach) can boost your body's absorption.

0 - 6 MONTHS (INFANCY)

Why it matters

Breastmilk protects your baby from illness and gives all the nutrients needed to grow strong.

Action

- Exclusively breastfeed – no water, tea, porridge or other foods.

Did you know?

Breastmilk provides all the water a baby needs. Giving more water can fill a baby's stomach without providing the essential nutrients found in breastmilk, and their small kidneys are not yet able to process water efficiently.

If you ignore, you are at risk of:

Diarrhoea, low weight gain, poor development.



6 - 12 MONTHS (BABIES)

Why it matters

Rapid brain and body development happens now. The right types of food can help prevent stunting and support learning.

Action

- Start introducing solids around 6 months
- Offer purees, soft mashed foods, and gradually small soft pieces.

Did you know?

Even though solids are being introduced, milk should still provide most of your baby's energy and nutrients up to 12 months. Solids are for learning – not replacing milk feeds just yet.

If you ignore, you are at risk of:

Stunting, delayed milestones, frequent illness.



12 - 24 MONTHS (TODDLERS)

Ideal nutrition

5 small meals a day, about 1 full cup.

Action

- Offer nutritious meals and avoid sugary snacks.
- Keep utensils clean.

Tip

Offer chopped veg, fruit, family food with less salt and oil. Make sure an iron-rich food (liver, chicken, fish, red meat, beans, lentils) are still included every day. If not breastfeeding anymore, you can also offer your child milk or maas.

Did you know?

Exposing children to a diverse range of foods ensures they get a wide range of essential nutrients and broadens their taste preferences. Children can also develop their sense of touch through touching and tasting food with different textures.

ADOLESCENTS (10 - 19 YEARS)

Why it matters

Teens need fuel to grow, learn, think, and move. Poor nutrition affects school, mood, and health.

Action

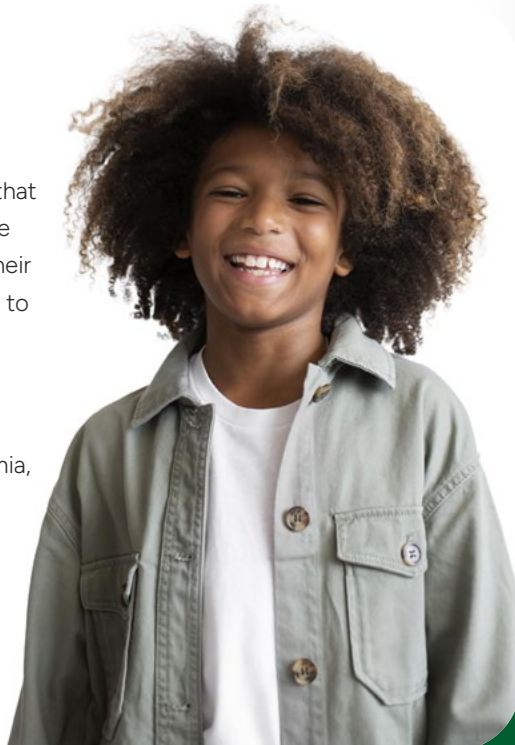
- Balanced meals with plenty of protein rich food (beans, lentils, liver, eggs), vegetables with iron (broccoli, spinach) and fruit. Eating food with fibre (brown bread, oats, fruit with the skin on) also plays an important role in aiding digestion and feeling full.
- Swap sugary drinks for water, bring lunch and a refillable water bottle from home, speak up for affordable, nutritious school food.

Did you know?

Adolescence is a critical time for developing healthy eating habits that can last a lifetime. Adolescents are becoming more independent in their food choices, making it important to educate them about nutrition.

If you ignore, you are at risk of:

Low energy, iron-deficiency anemia, obesity, poor mental health.



ADULTS (20–59 YEARS)

Why it matters

Healthy eating helps you stay strong for work, family, and prevents chronic illness. It helps maintain a healthy weight that keeps you mobile and mentally well.

Action

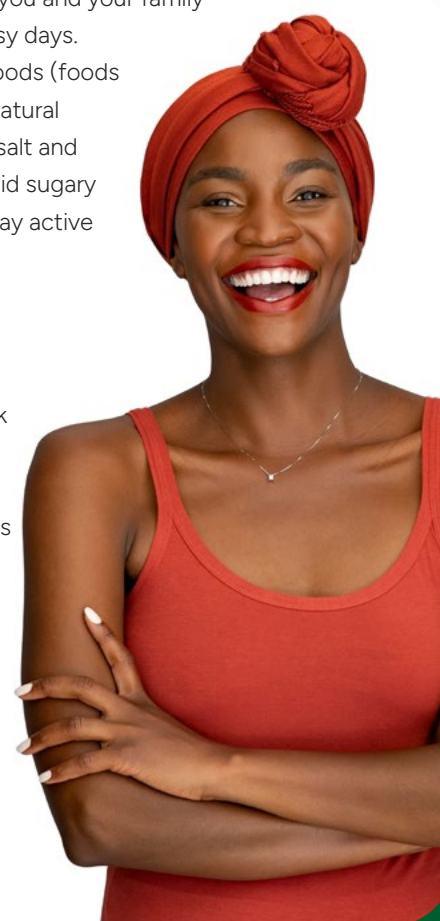
- Plan meals in advance to ensure you and your family eat nutritious foods amongst busy days.
- Where possible, choose whole foods (foods that are as close to their raw or natural state as possible). Limit your oil, salt and sugar intake. Drink water and avoid sugary drinks, caffeinated beverages. Stay active daily.

Did you know?

Good nutrition can help prevent the risk of non-communicable diseases (e.g., heart disease, diabetes, cancer). It also supports bone density and muscle mass for when you get older.

If you ignore, you are at risk of:

High blood pressure, diabetes, overweight or obesity, low energy, early ageing.



OLDER ADULTS (60+ YEARS)

Why it matters

As you age, you may need fewer calories but more nutrients to protect your muscles, bones, memory, and independence.

Action

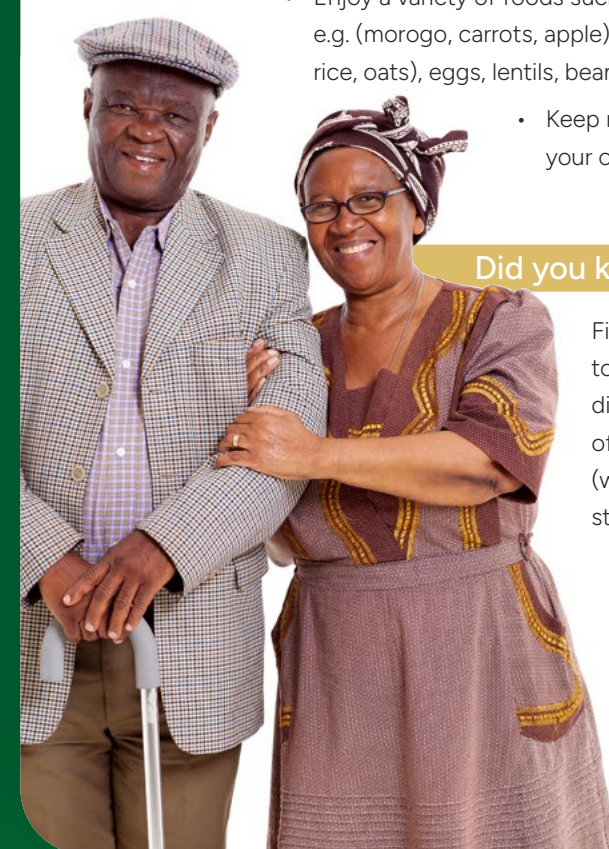
- Eat Nutrient-dense foods but keep meal portions small yet packed with the essential nutrients needed with age.
- Enjoy a variety of foods such as fruits and vegetables e.g. (morogo, carrots, apple), whole grains (brown rice, oats), eggs, lentils, beans, milk and maas.
- Keep moving. Stay connected to your community.

Did you know?

Fibre-rich foods contribute to maintaining a healthy digestive system. Eat plenty of fruits and vegetables (with skin on, if possible) and stay well hydrated.

If you ignore, you are at risk of:

Muscle loss, falls, memory problems, tooth decay, struggle to manage disease conditions.



Everyone deserves access to nutritious, safe, and affordable food at every stage of life.