

REPUBLIC OF RWANDA



MINISTRY OF HEALTH



THE FIRST 1000 DAYS, TO A HEALTHY RWANDA



PREGNANT MOTHERS EAT A BALANCED DIET

A pregnant mother should feed herself well with a balanced diet in order to get all the required nutrients for herself as well as for the baby. She should avoid heavy work, have enough rest and attend antenatal care services as scheduled. This enables her to give birth to a healthy full-term baby with normal birth-weight, and enables the baby to grow well mentally and physically. This also enables the mother to have enough energy during pregnancy, delivery and breastfeeding.

"To prepare a balanced diet, combine food from different food groups"



Affaires étrangères, Commerce et Développement Canada

Foreign Affairs, Trade and Development Canada

