



MDG **IF**



Joint Programme for Children, Food Security and Nutrition in Cambodia

# Nutrition Handbook for the Family



August 2011

Prepared and adapted by the National Nutrition Program

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UNJP/CMB/031/SPA

Food and Agriculture Organization of the United Nations



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# Acknowledgement

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Special thanks to:

- The team who had prepared the Nutrition Handbook for the Family in the framework of the Project OSRO/NEP/801/SPA, which represents an excellent reference for the adaptation work,
- The Nutrition Working Group, and the Joint Programme for Children, Food Security and Nutrition in Cambodia (UNJP/CMB/031/SPA) who have provided good comments and ideas to make this Handbook well adapted to the Cambodia’s context.

We hope that this Handbook will contribute to improving the nutritional status of Cambodian people, especially women and young children, by increasing their knowledge through group sharing and discussion promoted by the Farmer Field Schools and other organized groups and communities, on good practice of hygiene and of feeding with a relevant choice of good nutrients aimed at preventing malnutrition and ensuring a good health.

# Introduction

Once you have planted your crops you often visit your farm to check if there is anything which is damaging your plant's growth. When you have baby animal you are always preoccupied with its feeding and you regularly check that it is not getting any disease.

Why are you doing it? Because you want to get the best rice harvest and your baby animals to grow up well and healthy.

So, always remember:

The way you have the first person responsible for your crops and your animals, you are also responsible for your own health and nutrition and for that of each of your family members. This booklet provides you with practical guidance for good nutrition and health practices.

We therefore invite you to read the information contained in this handbook and everyday, don't forget to practice!!!

For any question, refer to your nearest health center staff.

Thank you!

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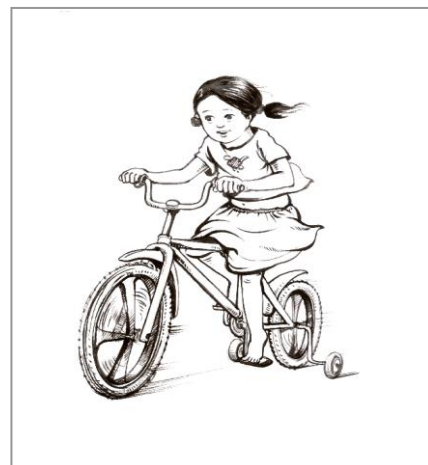
# Session 1: Important of foods for the body



- Foods provide energy to perform work and study

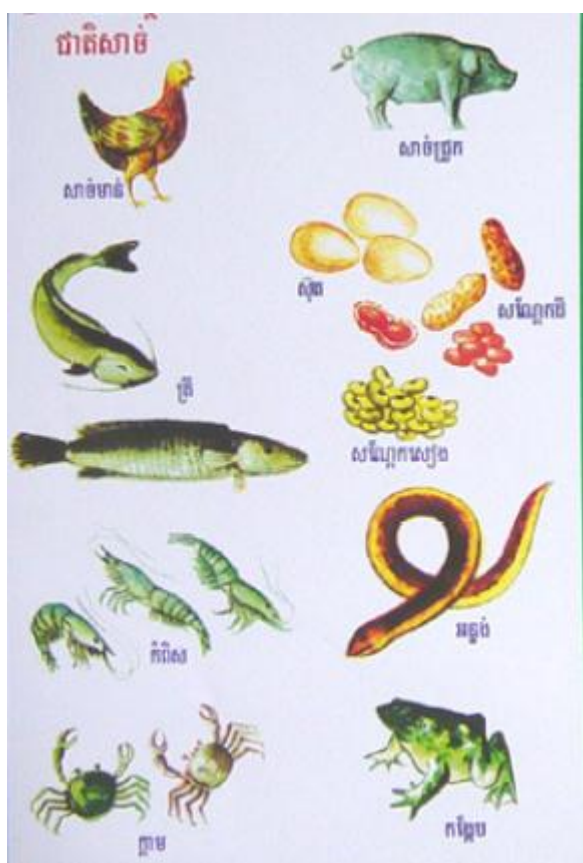


- Foods are essential for growth and protect the body against illness





- Foods rich in carbohydrate, oil and sugar provide energy to the body to perform various activities and to make function the organs.



- Foods from animals and legumes help to grow the body, maintain and repair the tissues.





- Foods from vegetables and fruits mainly protect the body against illness



## Healthy diet

- Eat variety of foods every day



- Every day, drink plenty of boiled water (e.g. 8 cups per day)



**WARNING!** *Alcohol is not good for health (especially for children, pregnant women and lactating mothers)*

- Have three meals a day and snacks in between



1- Breakfast

- *Snacks*

2- Lunch

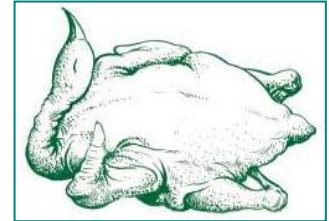
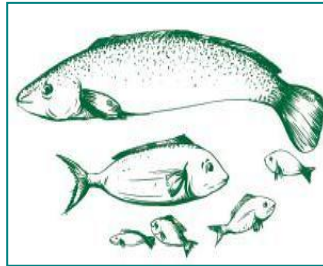
- *Snacks*

3- Dinner

## Session 2: Iron makes a body strong



- Iron keeps the body strong and helps the children to well perform in class.
- Iron rich food is found in:
  - ▶▶ Some animal foods like liver, blood and animal's internal organs, birds and fish, especially red meat and eggs.



- ▶▶ Some plant foods like whole grain cereals (e.g. maize....), legumes (e.g. bean, peas, and lentils), dark green leafy vegetables (e.g. morning glory leaves, spinaches, amaranths leaves, pumpkin leaves and Kale leaves ....)



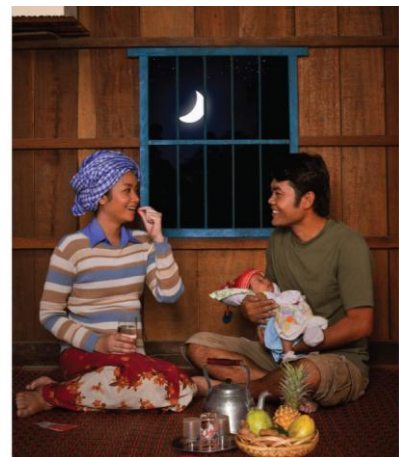
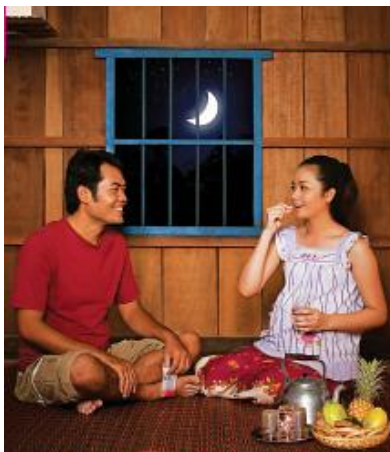
**Remark:** please cook this kind of food with sour foods which are rich in vitamin C (e.g. tamarind, lemon... ) for to enhance the absorption of the iron into the body.



- Women and adolescent girls should have more iron-rich foods than men because they lose iron during menstruation.



- Pregnant women should take 90 tablets of iron/folic acid (IFA) and Post partum women should take 42 tablets of IFA, 1 tablet per day before bed time every day for mother and child healthy.



- For babies under 6 months the best source of iron is breast milk



## Sessions 3: Vitamin A keeps the body healthy



- **The body needs vitamin A** because it help growth and protects against illnesses



- **For babies under 6 months the best source of vitamin A is breast milk.**



- **Vitamin A rich foods is found in:**

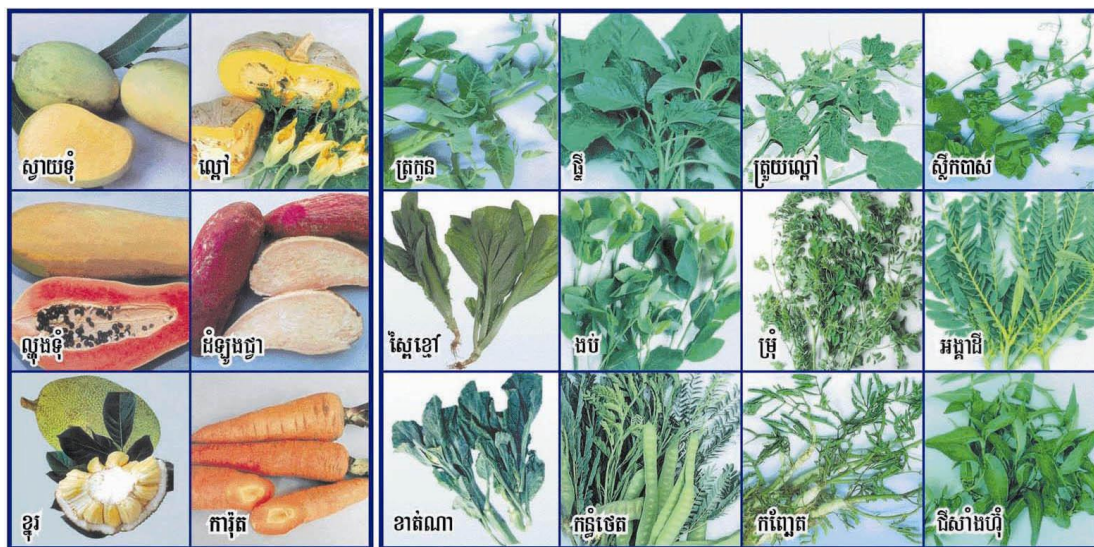
▶▶ **Animal foods that have plenty of vitamin A:**

- Meat, liver, and kidney
- Yolk eggs
- Fish and small fish (including liver)



►► Vegetable foods that have of vitamin A:

- Orange and yellow vegetables (e.g. carrots, pumpkin, orange and yellow sweet potatoes)
- Orange and yellow fruits (e.g. jackfruit, ripe mango, ripe papaya)
- Dark green leafy vegetables (e.g. spinach, amaranths...)



*Remake: Please cook this kind of foods with oil to help the absorption of vitamin A into the body*

- Children 6-59 months of age should take Vitamin A one capsules per every 6 month.



- Post partum women with 6 weeks after delivery should take Vitamin A one capsule/dose.





## Session 4: Iodine makes the body function properly



**Iodine is important for people growth and brain development**



- Always buy and use iodized salt for cooking
- Add iodized salt to food when it nearly cooked. Do not cook iodized salt too long, it destroys the iodine.



**WARNING!** *Too much salt it is not good for health*



## Session 5: Foods for pregnant and lactating women



- Pregnant women need extra and nutritious food for them self and for the growing foetus



- Lactating mother need extra and nutritious foods for them self and for their infant

- Therefore: pregnant and lactating women must eat healthy and balanced meals

**Reminder!** Don't forget to get immunized against tetanus and get 90 tablets of iron/ folic acid when you are pregnant and get 42 tablets of iron/folic acid, 1 capsule of vitamin A and 1 tablets of de-worming after delivery.

**WARNING!** *Don't smoke and do not consume alcohol beverages during pregnancy and lactating*

## Session 6: Feeding babies aged 0-6 months



**Breast milk is the best and only food a baby needs during the first six months**

**Therefore:**



- Put the baby to your breast immediately after birth
- Initiate breastfeeding within 1 hour after delivery (colostrums)
- Do not give any other water or foods in the first 6 months, it could make your baby sick (e.g. with diarrhea)
- Exclusive breastfeeding from birth to 6 months of age
- Breastfeeding your baby any time when she/he wants (breastfeed on demand), during day and night at least 8-10 times per 24 hours.



## Session 7: Feeding young children aged up to 6 months



### Children up to 6 months needs breast milk and other foods

A baby under 6 months need only breast milk



Children up to 6 months  
need appropriate  
complementary feeding  
additional to breast milk

**Therefore** children up to 6 months until at least 2 years of age:

- Continue breastfeeding
- Provide appropriate variety of complementary feeding including water



## Complementary feeding for children up to 6 months of age

In the context of Cambodia, the complementary foods (enriched borbor) is recommended for the feeding of children up to 6 months of age and over

### How to prepare complimentary foods?

- Should use the available food in the community and cheap to make complementary foods for children eat
- Thick enriched borbor that cannot fall/drip off spoon as base add:
  - Fish, egg, blood, chopped meat, tofu, and beans
  - Vegetables: morning glory leave, amaranths leaves, pumpkin, yellow sweet potato and other vegetables.
  - Cooking oil



## How to feed enriched borbor to children?

RECOMMENDATIONS ON COMPLEMENTARY FEEDING			
Age	Texture	Frequency	Amount at each meal <sup>1</sup>
6 month	Start with thick enriched Borbor, well mashed foods, e.g. mashed cooked banana, sweet potato, pumpkin, etc.	Start foods 2 times per day plus frequent breastfeeds at least 8 times per day	Start with 2-3 tablespoonfuls per feed
7-8 months	Thick enriched Borbor , well mashed foods,	Increasing to 3 times per day plus frequent breastfeeds at least 8 times per day	Increasing gradually to 1/2 of Chan Chang Koeh at each meal
9-11 months	Thick enriched Borbor , finely chopped or mashed foods, and foods that baby can pick up	3 meals plus 1 snack between meals plus breastfeeds at least 6 times per day	Increasing gradually to 1 Chan Chang Koeh (Kach Chan)
12-24 months	Family foods, chopped or mashed if necessary, thick enriched Borbor	3 meals plus 2 snacks between meals plus breastfeeds as the child wants, at least 3 times per day	1 Chan Chang Koeh
If baby is not breastfed, give in addition 1-2 extra meals per day.			

Snacks: ripe fruits (banana, mango, papaya), fried banana/sweet potato, Angsom, bean/pumpkin sweet soup, etc

**WARNING!** Eat many sticky, sugar, and salty (like sweets, chocolates, candies, crisps) is not good for a child

<sup>1</sup> Adapt the chart to use a suitable local cup/bowl to show the amount. One cup = 250mls; one tablespoon = 10mls. The amounts assume an energy density of 0.6 Kcal/g.





### Active Feeding:

- Mother or care taker should encourage the child eat sufficient amount of meals appropriate for their ages.
- Praise and persuade the child to eat more food from a bowl
- Prepare food rich in nutrients and put it in the bowl with colors to attract the child to eat more food.
- Do not hurry or force the child to eat, encouraging and assisting the child to eat needs patience and a good sense of humor.



## Session 8: Feeding school-age children and youth



**School-age children and youth need to eat healthy and balanced meals.**



**Therefore:**

- Give your child three meals a day and snack in between





## Adolescent girls need more iron-rich foods.

- When they start menstruation, adolescent girls need more iron than boys.

### Therefore:

- ▶▶ Give girls iron-rich foods daily



### Remember:



- Every six months, school-age children need to be provided with deworming tablets.

- School girls need to take weekly iron/folic acid, one tablets per week to prevent anemia and beauty.



**WARNING!** *Eating many sticky, sugary and salty snacks (like sweets, chocolates, candies, and crisps) is not good for a child.*

## Session 9: Food and care for older people



### Older people need less food but they still need quality food

- To stay active and healthy, older people need to eat a balanced diet.



- » Have smaller meals, 2-3 times a day, plus healthy snack between meals
- » Eat a variety of foods in the right proportions
- » Drink plenty of clean water
- » Eat soft foods if your teeth are missing or your gum are sore
- » Prepare food hygienically to avoid sickness (e.g. diarrhea)
- » Older people need to be active



## Session 10: Feeding sick people



**A sick person needs to eat enough nutritious foods to recover from illness**

**Therefore:**

- ▶▶ Feed small, frequent meals with a variety of foods
- ▶▶ Provide plenty to drink every 1-2 hour (at least 8 cups per day), e.g. boiled water, coconut juice, fresh fruits, soup or watery porridge
- ▶▶ People with diarrhea or vomiting need to drink extra liquids frequently



**If a child is sick:**

- ▶▶ Do not stop breastfeeding
- ▶▶ Give him/her a variety of rich foods
- ▶▶ Give him/her safe water



# Session11: Preventing and managing malnutrition children



**Young children are at high risk of malnutrition, especially from form the age of 6 months until the age of 2 year**

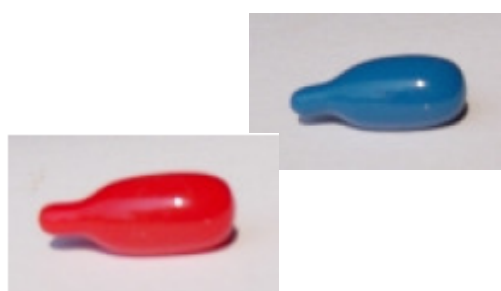
- Care givers should know the nutrition status of young children through regular weighing
- If the child's weight are not increase or increase slowly, should increase breastfeeding frequently and give appropriate complementary food as recommended in session 9



- Bring the child to receive the immunization as schedule at the nearest HC or outreach to be protected against dangerous diseases



- Children up to 6 months of age need to receive vitamin A 2 time per year at HC or outreach to help growth and prevent body against illness



- Feed you child with a nutrient foods to prevent malnutrition
- Always good hygienic to prevent diseases (diarrhea) which cause malnutrition



## **WARNING! Treat severe malnutrition children**

- When a child is very thin and/or has both feet swollen, it may mean child has severe malnutrition. So immediately take the child to the nearest health center or hospital



- After the child has been discharged from the hospital, care giver should feed the child properly of variety nutrient foods. If the child still breastfeeding please breastfeeding the child frequently.



## Session 12: Personal and household hygiene



**Good hygiene protects you and your family against diseases.**

Therefore:

- Wash hand with soap (or ash) and clean water and also teach your children to wash their hand properly

» Before preparing and eating food



- ▶ Wash your hand after using the toilet and after washing the child's bottom



- ▶ Wash your hand after working and handling the animals





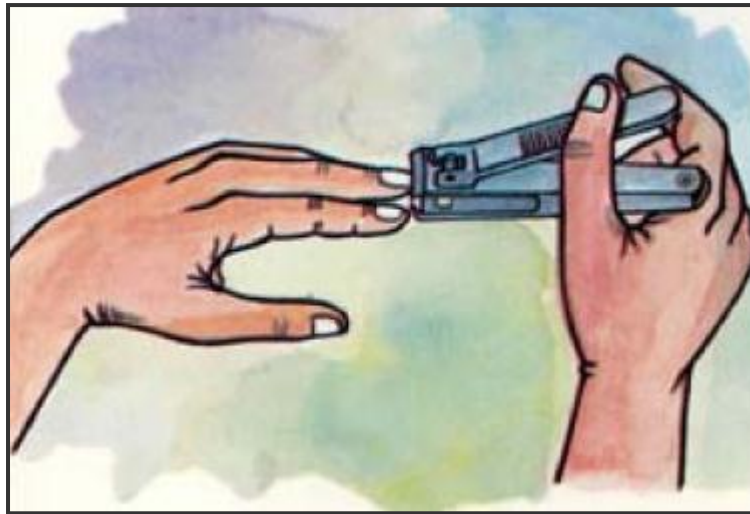
- Always use a latrine and teach your children to use the latrines.



- Always dispose of rubbish in a pit and cover it or burn down

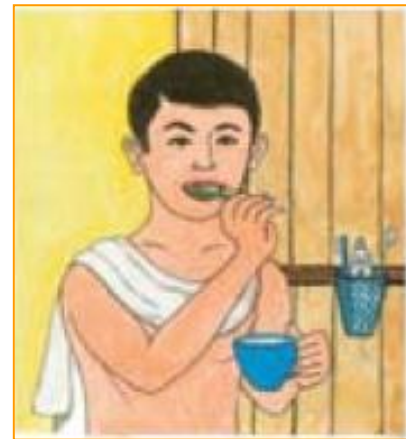


- Keep your nails short and clean



- Wash your body everyday

- Clean your teeth twice a day



- Keep poultry and animals separate from the house



## Session 13: Keeping food safe and clean



### Dirty foods and drink can cause illness

Therefore:

Use clean and safe water

- Get water for drinking or for washing uncooked foods from a safe source



- Use clean, covered containers to collect and store water





- Drink safe water:

- Boiled water
- Filter water
- Treated tap water
- Bottled water



## Keep foods safely



- Cover foods to protect them from insects, pests, and dust



## Always take fresh food for cooking

- Keep dry foods such as rice beans and fish in a dry, where they are protected from insects, rats and other pest.
- Always reheat food after keeping for more than two hours and steaming (bring liquid food to a rolling boil)



## Prepare foods in a clean and safe way

- Always wash hands before preparing food
- Wash vegetables and fruits with clean water
- Peel them when possible
- Cover any wounds on hands before preparing food
- Always keep kitchen clean



- Use clean, carefully washed dishes and utensils to store, serve and eat food



- Cook eggs well before eating
- Do not eat raw or cracked eggs because they can cause diseases
- Do not eat sick or died animals cause by diseases.



### **Use and store chemicals and pesticides in a safe place**

- Chemicals and pesticides should be stored away from the reach of children
- Never put food or water in empty containers that have been used for chemicals
- Wash hands after using chemicals

