

# IMPROVE YOUR HEALTH WITH NUTRITIOUS FOODS

## Individualized Nutrition Guidance for Clients

**You are currently SEVERELY MALNOURISHED**

**THIS MEANS:** Your weight is far below normal. Your body is not getting enough nutrients to sustain basic functions. Therefore, you need medical and nutrition support.

**YOUR GOALS:**

- Consume dietary supplements and therapeutic foods as prescribed (e.g., MOTT, C&B, vital beans, Tom Brown, VEGGICONS).
- Eat more foods from each of the food groups every day, especially extra high-bulk/low-calorie proteins such as meat, eggs, fish, legumes, nuts) and energy foods (rice and oils, carbohydrates such as staples, yam, maize, and sugar).
- Get adequate rest and reduce strenuous activities.
- Avoid alcohol and soft drinks.
- Adhere to all medications as prescribed.

**REMEMBER:**

- Get adequate rest and avoid all strenuous physical activities.
- Avoid alcohol and soft drinks.
- Adhere to all medications as prescribed.
- Eating a variety of fresh, locally available foods is best.
- Consuming much fat (pastries, fried foods), sugar, and salt can lead to health problems.
- You can prevent diarrhea by drinking only boiled or treated water and by using safe food hygiene practices when preparing and storing food.
- Don't miss any medical and nutritional care appointments!

**You are currently MODERATELY or MILDLY MALNOURISHED**

**THIS MEANS:** Your weight is below normal and you are not getting enough nutrients to sustain good health. Therefore, you need nutrition support.

**YOUR GOALS:**

- Consume dietary supplements and therapeutic foods as prescribed (e.g., MOTT, C&B, vital beans, Tom Brown, VEGGICONS).
- Eat more foods from each of the food groups every day, body building foods (proteins such as meat, eggs, fish, legumes, nuts), energy foods (rice, maize, oil) and carbohydrates such as staples, yam, maize, and protective foods such as fruits and vegetables.
- Get adequate rest and reduce strenuous activities.
- Avoid alcohol and soft drinks.
- Adhere to all medications as prescribed.

**REMEMBER:**

- Eating a variety of fresh, locally available foods is best.
- Eating too much fat (pastries, fried foods), sugar, and salt can lead to health problems.
- You can prevent diarrhea by drinking only boiled or treated water and by using safe food hygiene practices when preparing and storing food.
- Don't miss any medical and nutritional care appointments!

**A HEALTHY DIET IS A BALANCE OF FOODS**

**EVERYONE SHOULD EAT FOODS FROM EACH OF THE FOOD GROUPS EVERY DAY. A HEALTHY PORTION'S WEIGHT SHOULD CUT FOODS 4 PROPORTIONS.**

**FOODS TO EAT:**

- ↑ Eat foods from each of the food groups every day.
- ↑ Eat more vegetables and fruits.
- ↑ Eat low-fat protein foods such as fish and legumes.
- ↑ Eat low-energy foods (carbohydrates such as staples, yams, maize, sweets).
- ↑ Reduce use of fat and oil.
- ↑ Avoid sugary, sweet drinks, and excessive salt.
- ↑ Increase level of activity by regular exercise and walking.
- ↑ Avoid alcohol and soft drinks.
- ↑ Adhere to all medications as prescribed.

**FOODS TO AVOID:**

- ↓ Eat a variety of fresh, locally available foods is best.
- ↓ Eating too much fat (pastries, fried foods), sugar, and salt can lead to health problems.
- ↓ You can prevent diarrhea by drinking only boiled or treated water and by using safe food hygiene practices when preparing and storing food.
- ↓ Don't miss any medical and nutritional care appointments!



## **ABOUT THE CARDS:**

This set of cards provides individualized guidance to clients who have recently completed a nutrition assessment. It complements the “Improve Your Health with Nutritious Foods” poster. Health care providers select the appropriate card when counseling on how to improve diet to meet a client’s specific nutritional needs. It is recommended to print and laminate the cards so that they can be reused.

May 2017

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The contents are the responsibility of FHI 360 and do not necessarily reflect the views of USAID or the United States Government.

# You are currently **SEVERELY MALNOURISHED**

**THIS MEANS:** Your weight is far below normal. Your body is not getting enough nutrients to sustain basic functions. Therefore, you need medical and nutrition support.

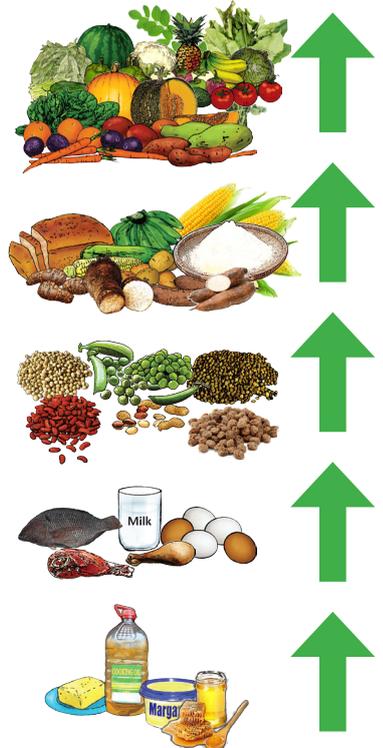
## **YOU SHOULD:**

- Consume dietary supplements and therapeutic foods as prescribed (e.g., RUTF, CSB, soya beans, Tom Brown, MIMAGROWS).
- Eat more foods from each of the food groups every day, especially extra body building foods (protein such as meat, eggs, fish, legumes, nuts) and energy foods (fats and oils, carbohydrates such as staples, yam, maize, and sugar).
- Get adequate rest and avoid all strenuous physical activities.
- Avoid alcohol and don't smoke.
- Adhere to all medications as prescribed.

## **REMEMBER:**

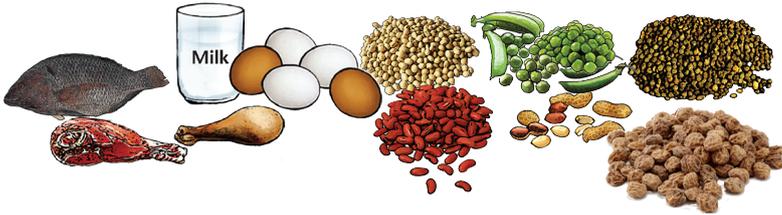
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- Don't miss any medical and nutritional care appointments!

## **FOODS TO EAT:**



# A HEALTHY DIET IS A BALANCE OF FOODS

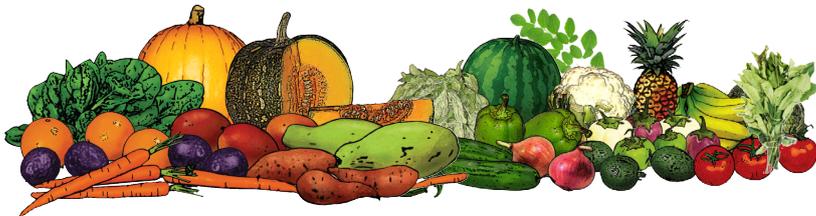
## BODY BUILDING FOODS



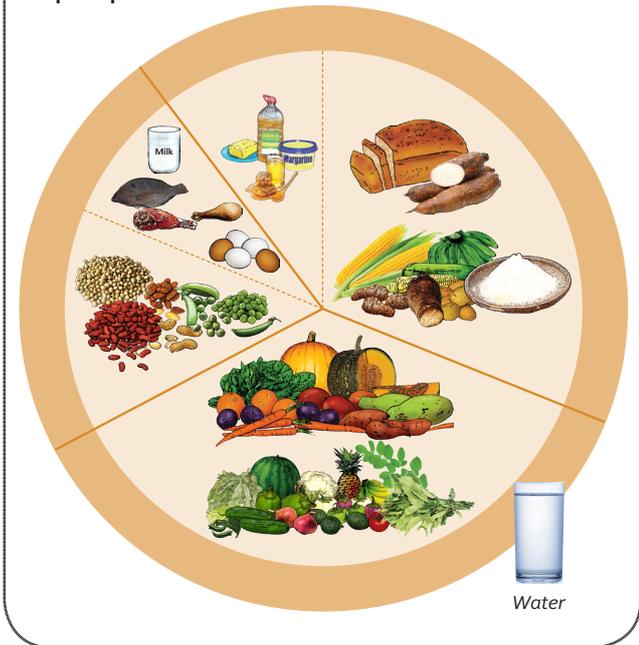
## ENERGY FOODS



## PROTECTIVE FOODS



Everyone should eat foods from each of the food groups every day. A healthy person of normal weight should eat foods in this proportion:



# You are currently **MODERATELY** or **MILDLY MALNOURISHED**

**THIS MEANS:** Your weight is below normal and you are not getting enough nutrients to maintain good health. Therefore, you need nutrition support.

## **YOU SHOULD:**

- Consume dietary supplements and therapeutic foods as prescribed (e.g., RUTF, CSB, soya beans, Tom Brown, MIMAGROW).
- Eat more foods from each of the food groups every day: body building foods (protein such as meat, eggs, fish, legumes, nuts), energy foods (fats and oil, and carbohydrates such as staples, yam, maize), and protective foods such as fruits and vegetables.
- Get adequate rest and reduce strenuous activities.
- Avoid alcohol and don't smoke.
- Adhere to all medications as prescribed.

## **REMEMBER:**

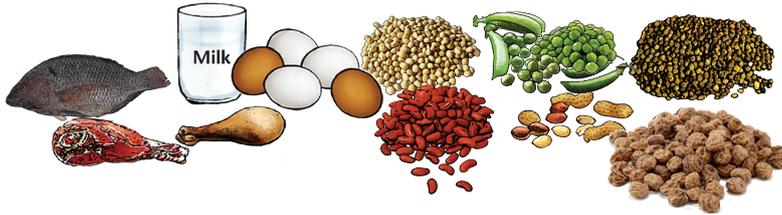
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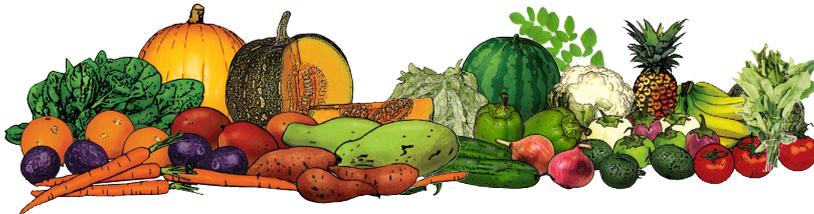
## BODY BUILDING FOODS



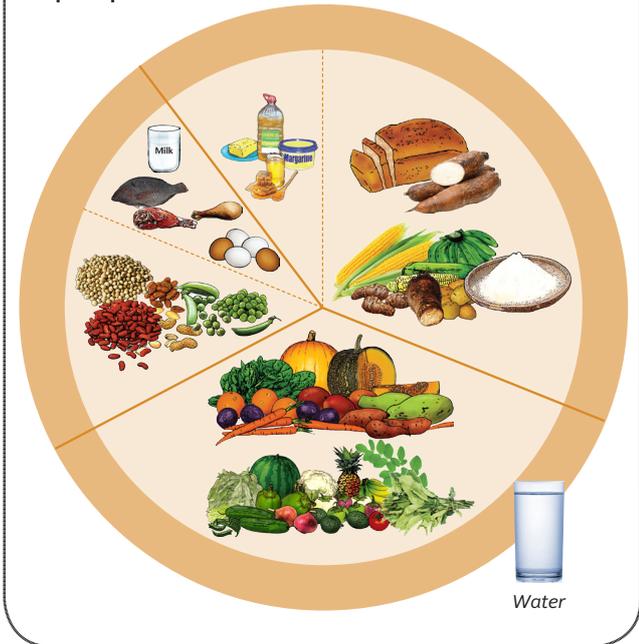
## ENERGY FOODS



## PROTECTIVE FOODS



Everyone should eat foods from each of the food groups every day. A healthy person of normal weight should eat foods in this proportion:



# You are currently **NORMAL WEIGHT**

**THIS MEANS:** Your weight is in the normal range and you are getting adequate nutrients to sustain basic functions.

## **YOU SHOULD:**

- Continue good habits such as eating a variety of healthy foods.
- Eat foods from all food groups every day in the proportion shown on reverse side, with only a small amount of fats, oil, and sugar.
- Maintain an active life with regular exercise and adequate rest.
- Avoid alcohol and don't smoke.
- Adhere to all medications as prescribed.

## **REMEMBER:**

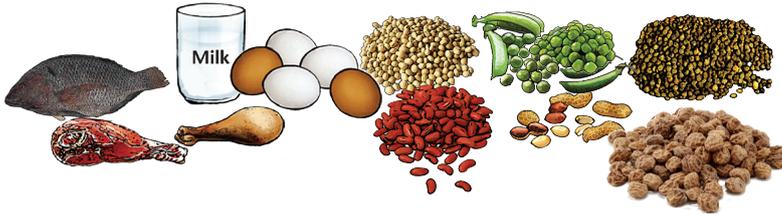
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## **FOODS TO EAT:**



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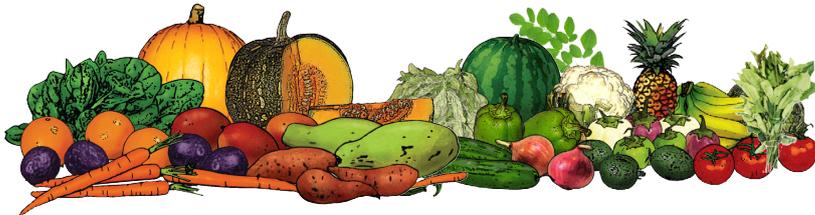
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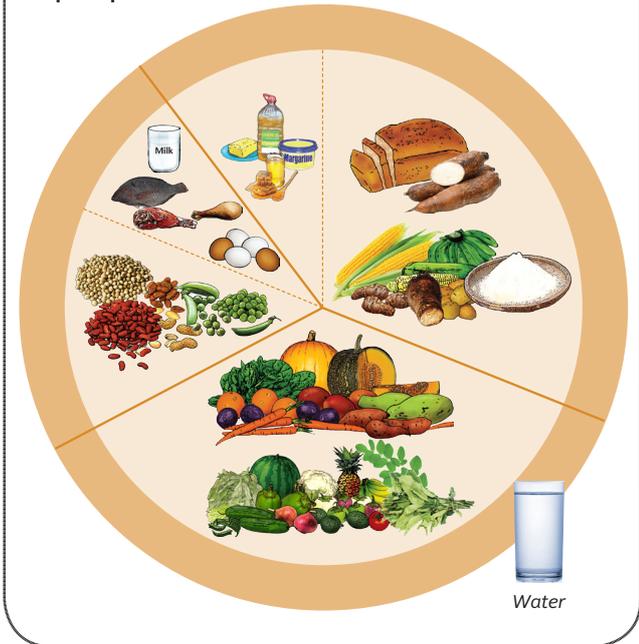
## ENERGY FOODS



## PROTECTIVE FOODS



Everyone should eat foods from each of the food groups every day. A healthy person of normal weight should eat foods in this proportion:



# You are currently **OVERWEIGHT**

**THIS MEANS:** Your weight is unhealthy. You are at risk for many diseases like diabetes and high blood pressure.

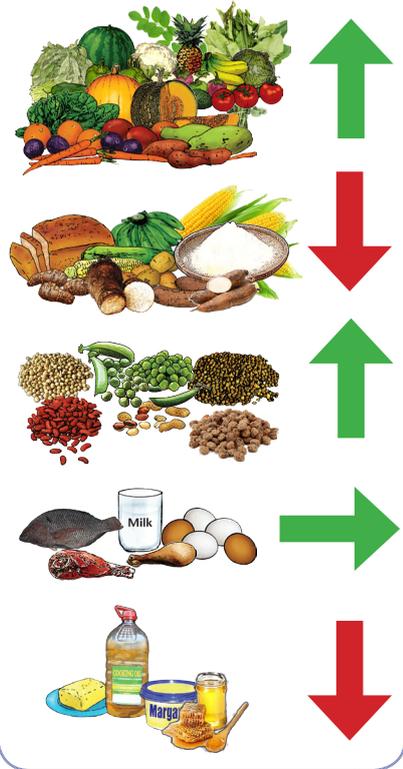
## **YOU SHOULD:**

- Eat foods from each of the food groups every day.
- Eat more vegetables and fruits.
- Eat low-fat protein foods such as fish and legumes.
- Eat less energy foods (carbohydrates: staples, yam, maize, sweets).
- Reduce use of fats and oil.
- Avoid sugars, sweet drinks, and excessive salt.
- Increase level of activity by regular exercise and walking.
- Avoid alcohol and don't smoke.
- Adhere to all medications as prescribed.

## **REMEMBER:**

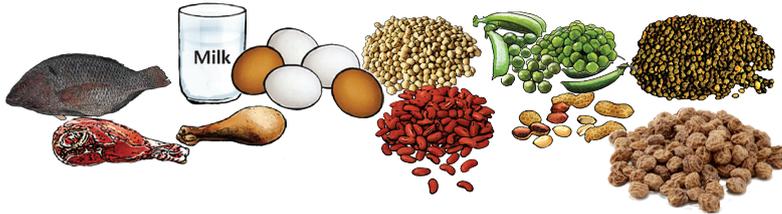
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## **FOODS TO EAT:**



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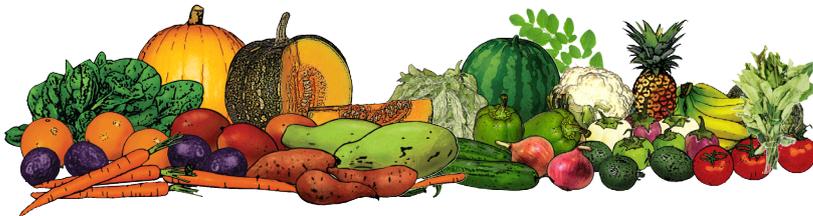
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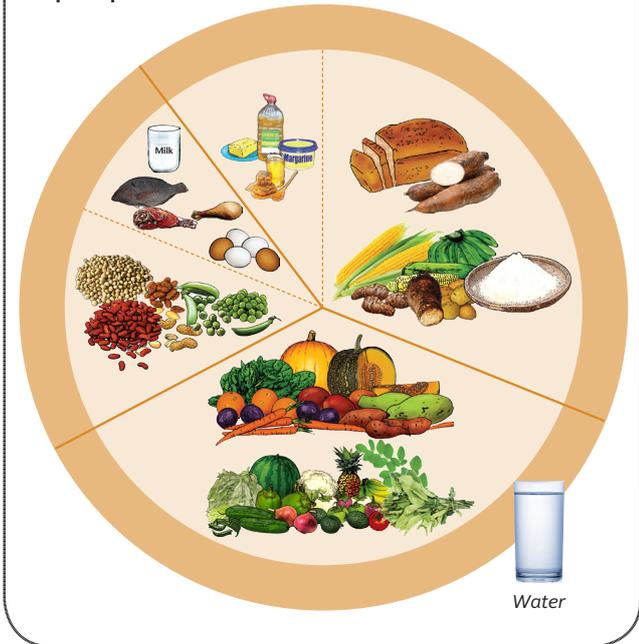
## ENERGY FOODS



## PROTECTIVE FOODS



Everyone should eat foods from each of the food groups every day. A healthy person of normal weight should eat foods in this proportion:



Water

# You are currently **OBESE**

**THIS MEANS:** Your weight is very unhealthy. You are at high risk for many diseases such as diabetes, heart disease, and high blood pressure.

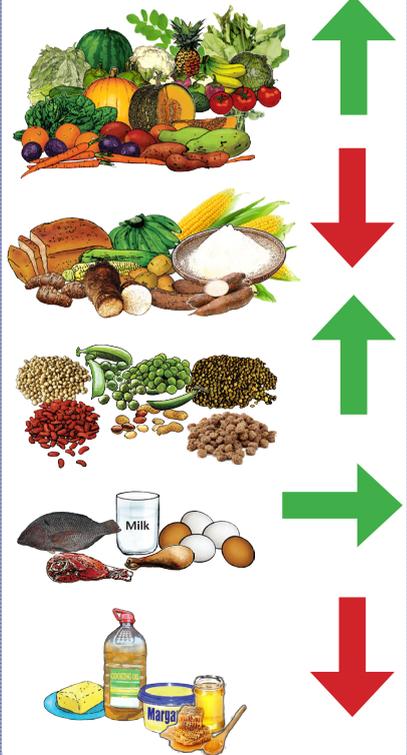
## **YOU SHOULD:**

- Eat foods from each of the food groups every day.
- Eat more vegetables and fruits.
- Eat low-fat protein foods such as fish and legumes.
- Eat less energy foods (carbohydrates such as staples, yams, maize, sweets).
- Reduce use of fats and oil.
- Avoid sugars, sweet drinks, and excessive salt.
- Increase level of activity by regular exercise and walking.
- Avoid alcohol and don't smoke.
- Adhere to all medications as prescribed.

## **REMEMBER:**

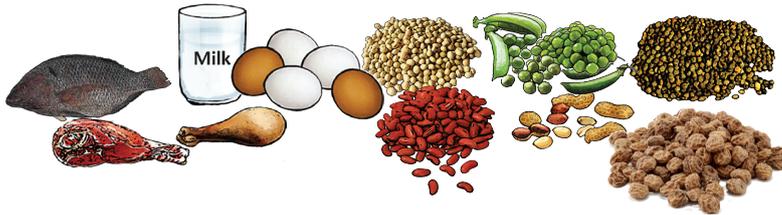
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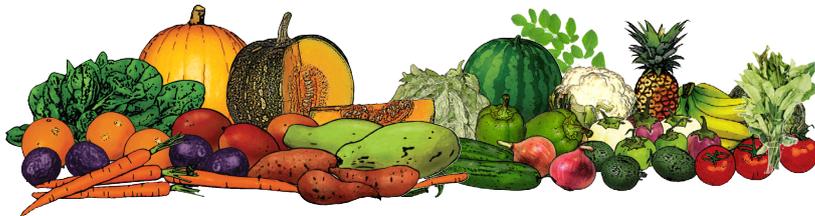
## BODY BUILDING FOODS



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## PROTECTIVE FOODS



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