

# NUTRITION AND BREASTFEEDING



# NUTRITION SITUATION IN UGANDA

- Uganda Demographic Health Survey (UDHS) is carried out every after five years to obtain information on the health status of the population.

According to UDHS 2016:

## Infant and Young Child Nutrition

- **9.6%** of all babies are born with a low birth weight
- Children 6-59 months: **29%** of the are stunted (low height for age), **11%** are underweight (low weight for age), **4%** are wasted (low weight for height)
- Only 66% of children initiate breastfeeding within the first hour of life
- Only 66% of children are exclusively breastfeed

# NUTRITION SITUATION IN UGANDA

## CONT'D

- **53%** of children under 5 are anaemic

### Maternal Nutrition

- **9%** of women 15-49 years are thin
- Women who are overweight and obese increased from **17% to 24%**
- **32 %** of women 15-49 years are anaemic

# IMPORTANCE OF NUTRITION

## **Adequate nutrition is required for:**

- Developing, growing, maintaining, replacing and repairing cells and tissues
- Resisting, fighting infection and recovering from illness
- Producing energy, warmth, movement and work
- Carrying out chemical processes in the body such as digestion

## **Poor nutrition increases the risk of:**

- Deficient growth and development
- Illness and infection
- Death
- Decreased ability to work, learn and perform in school

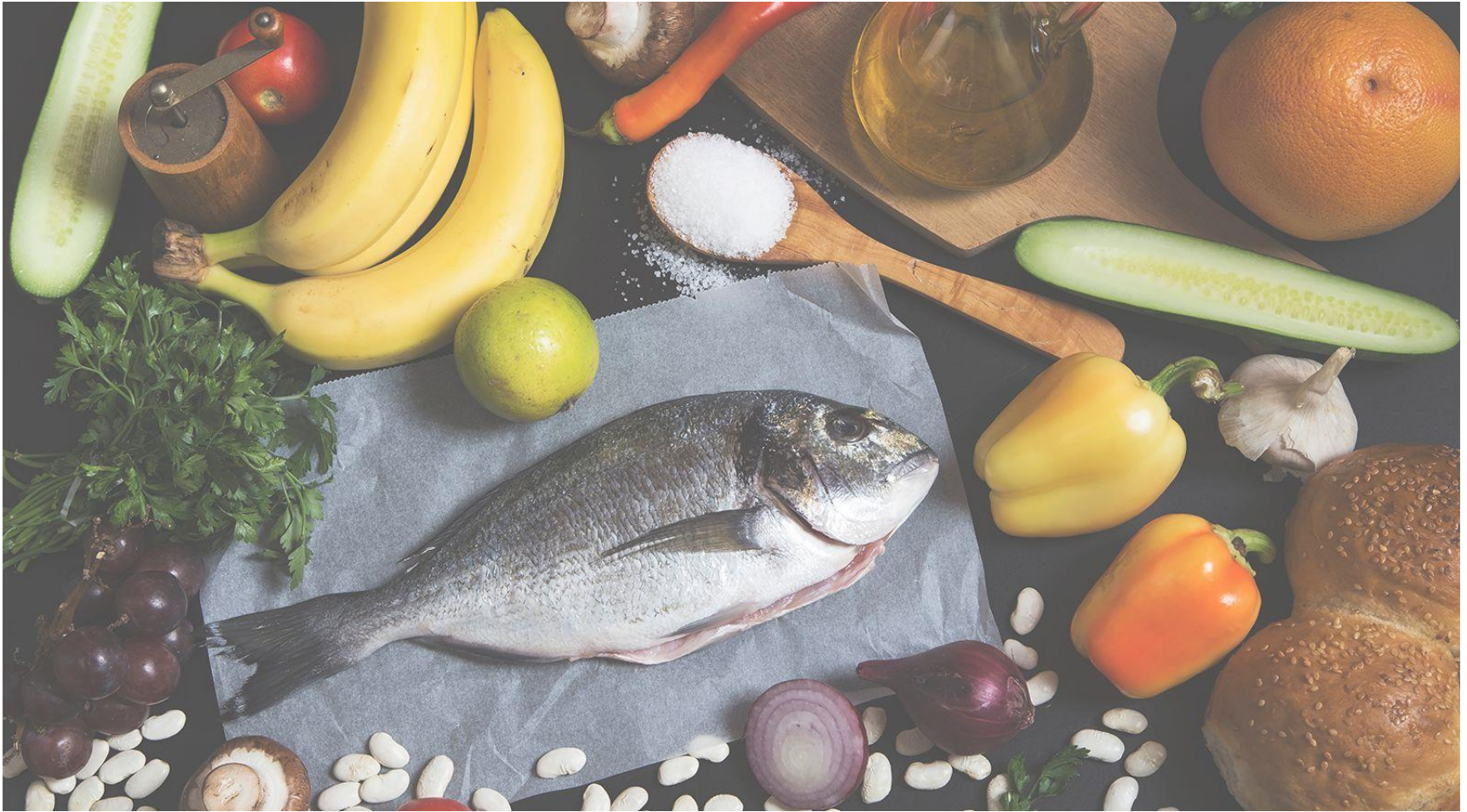
# BREASTFEEDING

- Early initiation of breastfeeding within the first hour after delivery
- Recommend exclusive breastfeeding for the first six months, timely initiation of complementary feeds at 6 months and continued breastfeeding up to 2 years and beyond
- Breast-milk substitutes may be used on medical recommendation and should be used properly
- Teach mothers how to express milk and cup feed if baby is unable to breastfeed

# IMPORTANCE OF BREASTFEEDING

- Children who are breastfed for longer periods have lower rates of infectious disease and death than children who are breastfed for shorter periods or who are not breastfed.
- Longer periods of breastfeeding are associated with a reduction in a child's risk of being overweight or obese.
- Breastfeeding could protect you from breast cancer, diabetes and ovarian cancer.
- Breast feeding promotes healthy brain development
- It is convenient, since breast milk is at the right temperature and available anytime.

# WHAT TO EAT WHEN BREASTFEEDING



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# WHAT TO EAT WHEN BREASTFEEDING

## At a glance

- Eat a well-balanced diet that includes plenty of fiber. Plenty of fiber, from wholegrain bread, nuts, pulses and fruit and vegetables. Fiber will help with any constipation problems.
- Protein, such as lean meat and chicken, fish, eggs, nuts, pulses (beans and lentils), these foods are also good sources of iron.
- Drink plenty of fluids six to eight glasses a day. You'll need to drink plenty of fluids to replace the fluid your baby takes. Water, milk, herbal tea , porridge or unsweetened fruit juices are all good choices.
- Limit caffeine and alcohol as it may cause colic
- You don't need to follow a special diet while you're breastfeeding. But it's a good idea for you just like everyone else to eat a healthy and varied diet. Breastfeeding mums require an extra 450 calories a day but that doesn't mean overdosing on 'empty' calories from sugar or refined carbs. A balanced, healthy diet will help you and your little one get all the vitamins, proteins, minerals and calories you need without adding excess weight.



# THE FIVE FINGER MODEL(A balanced diet)



# WHAT MAY AFFECT BREASTMILK SUPPLY

- Good attachment is one of the keys to successful breastfeeding.
- Waiting too long to start breastfeeding.
- Not breastfeeding often enough
- Supplementing with formula. Breasts operate on supply and demand
- Stress is the number 1 killer of breastmilk supply, especially in the first few weeks after delivery
- Eating or drinking too little.
- Getting sick.(diarrhoea, vomiting, decreased appetite)

# THANK YOU

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**Make Healthy Choices**



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