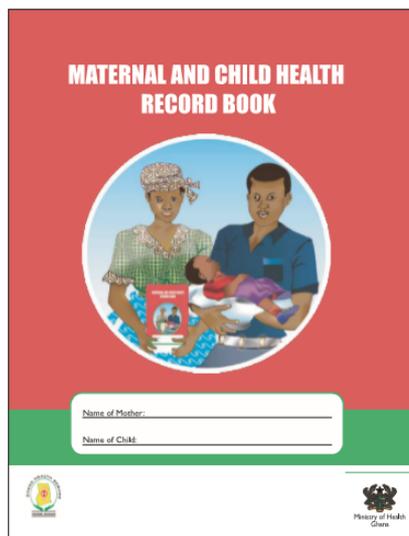




PARTICIPANT'S MANUAL

HEALTH WORKER TRAINING ON MATERNAL AND CHILD HEALTH RECORD BOOK, NUTRITION COUNSELING SERVICES AND RESPECTFUL CARE



THE 4 STAR DIET

<p style="text-align: center;">STAPLE 1 STAR ★</p> <p>Grains such as Maize, Wheat, Rice, Millet, and Sorghum. Roots and tubers such as Cassava, Yam, Cocoyam, Plantain, and Potatoes.</p> 	<p style="text-align: center;">LEGUMES AND SEEDS 1 STAR ★</p> <p>Beans, Agushie, Werewere, Groundnuts, and Sesame.</p> 
<p style="text-align: center;">FRUITS AND VEGETABLES 1 STAR ★</p> <p>Mango, Pawpaw, Orange, Banana, Pineapple, Watermelon, Avocado, Dark-green Leaves, Carrots, Onions, Tomatoes, Kontomire, Gboma, Cabbage, Yellow sweet potato and Pumpkin.</p> 	<p style="text-align: center;">ANIMAL-SOURCE FOODS 1 STAR ★</p> <p>Foods such as Chicken, Fish, Liver, Meat, Eggs and Milk and Milk Products.</p> 

August 2021