



TRAINER'S GUIDE

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



THE 4 STAR DIET

STAPLE

1 STAR ★

Grains such as Maize, Wheat, Rice, Millet, and Sorghum. Roots and tubers such as Cassava, Yam, Cocoyam, Plantain, and Potatoes.



LEGUMES AND SEEDS

1 STAR ★

Beans, Agushie, Werewere, Groundnuts, and Sesame.



FRUITS AND VEGETABLES

1 STAR ★

Mango, Pawpaw, Orange, Banana, Pineapple, Watermelon, Avocado, Dark-green Leaves, Carrots, Onions, Tomatoes, Kontomire, Gboma, Cabbage, Yellow sweet potato and Pumpkin.



ANIMAL-SOURCE FOODS

1 STAR ★

Foods such as Chicken, Fish, Liver, Meat, Eggs and Milk and Milk Products.



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