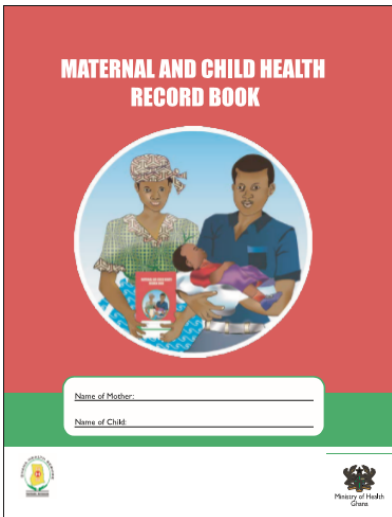




# TRAINER'S GUIDE

## 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.

**August 2021**