

All Women Need Good Nutrition

SUBTITLES

00:01-00:06 - ALL WOMEN NEED GOOD NUTRITION

00:08-00:13 - Today we are in the village of Foura Guirke in Guidan Roundji, Maradi region.

00:14-00:20 - Where we will learn about the best nutrition for women during their reproductive ages.

00:37-00:38 - Maimouna! Yes!

00:39-00:42 - I am going to the field and will be back before you return from the health center.

00:45-00:49 - I would like to finish some work because I am planning a trip this week.

00:50-00:52 - Okay, I wish you good luck. Have a safe journey. Thank you.

01:12-01:13 - Come in!

01:14-01:20 - Peace be with you! Amen! Peace be with you too! Welcome! Have a seat!

01:23-01:31 - Mrs. Maimouna. Yes Sir. Welcome. How is work? Work is good.

01:32-01:37 - How do you feel Mrs. Maimouna? There is improvement. Thanks to God. Good!

01:41-01:46 - I will give you some more medicine now. Okay.

01:47-01:55 - I don't like this medicine Sir. It causes constipation, nausea and dizziness for me.

01:55-02:05 - Mrs. Maimouna, as you said, if you take these Iron Folic Acid (IFA) tablets, you may have constipation or nausea. 02:06-02:08 - This usually goes away after a couple of weeks. It will be over once you start taking the medicine again.

02:12-02:18 - Before taking the medicine, make sure you eat food. Do you understand madame?

02:19-02:24 - Eat enough food. Take the medicine with some food and your nausea will be over.

02:25-02:31 Regarding constipation, you should eat vegetables and fruits and drink sufficient water. That should take care of it.

02:32-02:37 - Nurse, what if as a result of taking these tablets, I will have too much blood?

02:38-02:46 - Mrs. Maimouna, the body produces the quantity of blood it requires. Not taking IFA tablets may cause anemia.

02:47-02:52 - Mrs. Maimouna, that is why pregnant women who lack blood, are tired and weak.

02:54-03:00 - It also causes premature birth or babies with a low birth weight.

03:02-03:07 - And the mother can also suffer bleeding during childbirth that can lead her to death.

03:09-03:20 - What might happen if a woman does not eat enough during pregnancy or when she does not take the IFA supplements?

03:21-03:28 -

- **Her baby may be born prematurely or with a low birth weight.**

03:29-03:34 -

- **She might suffer from heavy bleeding during child birth.**

03:36-03:41 - Nurse, can adolescents and girls also suffer a lack of blood?

03:43-03:48 - Mrs. Maimouna, women need good nutrition at all stages of life.

03:50-03:59 - Adolescents and girls that start to menstruate on a monthly basis have an increased need for Iron, in order to replenish the blood they lose.

04:00-04:09 - Girls are at risk to suffer from anemia or what in Hausa we call "lacking blood", which makes them tired and weak.

04:21-04:22 - Peace be with you! Peace be with you too!

04:23-04:30 - You are back from the farm, husband? Yes, I am back from the farm. Well done! Thank you. Are you back from the health center? Yes. Welcome. Thanks.

04:32-04:36 - Husband, I was at the health center. The nurse gave me new information.

04:37-04: 45 - Pregnant woman should eat at least one extra meal a day.

04:46-04:52 - Pregnant women need varied nutritious foods.

04:54-05: 05 – Foods like vegetables and fruits and foods coming from animals such as milk and eggs.

05:06-05: 15 - What type of food should women of reproductive age, including adolescents, be sure to eat?

05:16-05: 22 -

- **Green leafy vegetables and other brightly colored vegetables and fruits.**

05:23-05: 31 -

- **Animal source foods like eggs, fish and meat at least 2 to 3 times per week**

05:36-05:40 - And she should take these tablets given at the health center.

05:45-05: 58 - A pregnant woman and breastfeeding mother can eat any food because it will not affect the unborn baby and does not spoil breast milk.

06:01-06: 06 - I am very pleased hearing this new information you got and I will do my best by the Grace of God.

06:28-06:36 - Mother, here is my wife. I am going for the "exode", therefore, I request you to take care of her, reduce the workload for her.

06:37-06:38 - Okay. Good luck.

06:41-06: 46 - And make sure she eats one extra meal a day at least.

06:48-06: 54 - When she delivers, she should eat at least 2 extra meals.

06:57-07: 03 -How many additional meals should pregnant and lactating women eat each day?

07:06-07: 14-

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- **One small extra meal for pregnant women each day.**
- **Two small extra meals for lactating women each day.**

09:20-09:31 - Maimouna, here are meat and beans we have in the food. You need it more. You know how pregnant women are! (Laugh)

09:32-09:42 - You need more nutritious food now. Here is prepared moringa and cucumber, you should also eat it, and it is nutritious.

09:43-09:45 - Thank you and God bless you!

09:56-09:59 - Wow! The meat is really nicely cooked. You are good at cooking meat.

10:01-10:07 – That’s good, when it’s cooked properly, it becomes easier to chew. Thank you and God bless you.

10:12-10:16 - Take this plate. Eat the rest since you are the youngest.

10:18-10:22 - Eat moringa now since you have finished eating food.

10:25-10:33 - To maintain good health, women and children should eat nutritious and varied foods.

10:34-10:39 -THANKS

- Hamza Maman**
- Hadiza Baba Assoumane**
- Hadiza Elh. Idi**
- Aicha Shaibou**
- Hassane Shaibou**
- Maimouna Lawali**

10:40-10:43 - EDITORS

Digital Green and SPRING

10:44-10:47 - STORY, CAMERA, LIGHT

- **Magagi Mamane Sani**
- **Aboubacar Sale**
- **Issoufou Adamou**
- **Ibrahim Abdou**
- **Sahara Hassan**

10:48-10:51- LOCATION

Village –Foura Guirke, Maradi

Niger Republic

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10:59-11:05 - This video was produced by SPRING/ DIGITAL GREEN project Niger

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REGIS-ER, SAWKI, LAHIA

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