All Women Need Good Nutrition

00:01-00:06 - ALL WOMEN NEED GOOD NUTRITION
00:08-00:13 - Today we are in the village of Foura Guirke in Guidan Roumdji, 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!
01:32-01:37 - 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.

04:21-04:21 - 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.

04:54-04:58 - 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 -
• 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

OCT 2015