**TRANSLATION FOR ENGLISH SUB-TITLES**

**Maternal Diet During Pregnancy and Food Taboos**

* **In this video we have discussed about the diet of a woman during pregnancy and related food taboos. This is an important phase of first 1000 days.**
* **Namaskar, ASHA didi.**
* **Mausi, namaskar.**
* **Pinky how is your health?**
* **Yes, I am fine.**
* **Are you taking Iron tablets?**
* **Yes, my mother-in-law is reminding me to take IFA tablets.**
* **Mausi, always remind her to take IFA tablets or she may forget some times.**
* **How is your diet going on?**
* **Yes, I am eating the way you suggested, but there are some restrictions being imposed by my mother in law.**
* **Mausi, are you restricting some food items for her?**
* **Yes, because we are poor what can we give her to eat**
* **Mausi, there is a pregnant woman who stays in our neighbourhood and is also poor. Let’s go and see what kind of food she is eating**
* **Ok let’s go and see.**
* **Latika?**
* **Yes?**
* **What are you doing?**
* **Just serving food to eat.**
* **Why have you all come to visit my place today?**
* **I have come with some friends to visit you.**
* **Okay, let’s sit.**
* **Okay, please wait. Let me wash my hands with soap before I take food.**
* **Latika, what are all of the foods you have served yourself today?**
* **Didi, today I have cooked rice, dal, drumstick leaves cooked with pumpkin, roasted potato and tomato, boiled egg, and slices of raw mango along with iodised salt.**
* **Apart from these foods, what else are you eating?**
* **Didi, I am eating whatever vegetables are available in my kitchen garden, that is different type of greens, papaya, drumstick and seasonal ripe fruits.**
* **By taking all these food items, I will be healthy and will give birth to a healthy child.**
* **In our times, we were not eating all these foods. Why are you eating these during pregnancy? You should not eat ripe fruits, fish and meat.**
* **Mausi, if a pregnant woman during her pregnancy doesn’t eat the right amount and kind of food, she will be weak and the baby growing in her womb will also be weak and the baby is likely to be born prematurely, having low birth weight. To prevent this, we need to give the right quantity of nutritious food to a woman during her pregnancy, in the right time.**
* **Question: What will happen if a pregnant woman eats less food**
* **Answer: Baby will be prematurely born with low birth weight and the mother will not be healthy.**
* **Mausi, the Anganwadi worker and ASHA didi had suggested to me to eat fish, egg, meat and vegetables and by eating that I am feeling healthy.**
* **You said that you are eating fish, egg, meat, vegetables and ripe fruits. All of these must have cost you a lot of money! But where will I get money from to buy these food items.**
* **No didi, we have to buy fish, egg and meat only. But we can easily get vegetables by growing them in our kitchen garden, and that will be less costly. If we can keep poultry birds in our house, then we can get eggs with less cost.**
* **Pinky, you are talking about lack of resources, the Government of Odisha has launched a new scheme called Mamta Yojna, where a pregnant woman is entitled to get cash benefit of Rs 5000 in 4 instalments for the first two live births. You are a beneficiary of this scheme. The first instalment of Rs 1500 is given at the completion of first six months of pregnancy. You can utilize this money to buy nutritious food for yourself.**
* **Latika, what about the Chatua that has been given to you? When are you eating it?**
* **See didi, in addition to my regular meals, I am also eating this at about 4:00 pm.**
* **Please listen, a pregnant women needs extra energy which can be fulfilled by consuming this Chatua. A pregnant woman needs to consume one extra meal per day while a lactating woman needs to consume two extra meals per day in addition to the regular meals.**
* **Question: How many times a pregnant and a lactating mother should eat in a day?**
* **Answer: Pregnant women should eat one extra meal a day and lactating mothers should eat 2 extra meals a day.**
* **Didi, if a pregnant woman eats so much, then the baby will not be able to play inside the womb. If they eat less, only then will the baby will be able to play.**
* **A pregnant woman requires extra food. If she does not eat properly, then she will have difficulty during delivery. The food chamber and the chamber for the baby are different. The baby will grow properly in its own chamber. For this reason, give extra meals and never reduce the quantity of food that needs to be given to your pregnant daughter-in-law.**
* **Mausi, did you understand? Give your daughter-in-law non veg items at least 2 to 3 times per week, along with seasonal ripe fruits, and vegetables in more quantity. They are nutritious and by eating them your daughter-in-law will be healthy and will be able to give birth to a healthy baby.**
* **Question: What type of food should a pregnant woman eat?**
* **Answer: Pregnant women should eat fish, meat, and egg at least 2 to 3 times in a week; seasonal ripe fruits; and fresh vegetables.**
* **Mausi, did you understand what I said? Will you now give a variety of food items to you daughter-in-law?**
* **Yes, I will give them.**
* **Thanks, Latika, for sparing your time. Because of that, I could help them to understand about the diet of a pregnant woman. Now, please take your food.**
* **Bye.**
* **Mausi, did you see how that lady is eating a variety of foods? Now, will you give the same way to your daughter-in-law?**
* **Yes I will.**
* **Mausi, see your son, Rajendra, is coming. Rajendra, please come.**
* **Didi, namaskar.**
* **Do you know why we called you?**
* **Today, we discussed very important aspects on the nutritious food required by a woman during pregnancy. We met with a pregnant woman nearby and saw her diet. Pinky is a pregnant woman, so it is your responsibility to feed her with nutritious food either brought from market or grow some vegetables and fruits in your kitchen garden.**
* **Yes didi, I will buy nutritious food from the market and grow vegetables in the kitchen garden. Along with Pinky, we all will also eat them.**
* **Didi, thank you for sharing this with me.**
* **Thanks.**
* **Today, we came to know about the importance of nutritious food during pregnancy. Pregnancy is the first phase of first 1000 days. If she will eat nutritious food during her pregnancy, then she will be healthy and also give birth to a healthy baby. I request all family members of a pregnant woman to support her during pregnancy by providing her with nutritious food and one extra meal per day. In this way she will not be weak and will give birth to a healthy baby. Therefore, the family members should be careful in providing adequate nutrition to a woman during her pregnancy.**