

Diverse Diets: Kyrgyz Republic Television Ad

For good health, all family members need dietary diversity, which means eating different types of foods every day to ensure they are getting micro-nutrients to keep them strong and healthy. Vitamin A helps the body fight off the illnesses, form bones and teeth and improves eyesight. Vitamin C helps to resist infections and reduces allergy risk, and helps the body to digest foods containing iron. Iron is needed for blood-forming and brain formation. Zinc keeps the body functioning well, helps fight off illnesses, and ensures that children grow well. Ministry of Health recommends that for children, dietary diversity should start from 6 months period. Most family foods, including meat, fish, poultry, and eggs, can be given safely to infants over 6 months if chopped into small pieces or mashed. Make sure products, which contain iron, zinc, vitamins A and C, are included in your everyday diet throughout the year.