



CHAPTER 22



FAMILY NUTRITION

Compiled by: Farmers Helping Farmers, Wakulima Dairy Ltd, University of Prince Edward, Egerton University and nutritionists (Colleen Walton, Samwel Mbugua, and Hilda Macharia) and funds from the Canadian Home Economics Foundation.

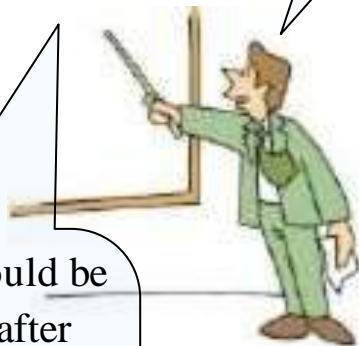
The truth is

Eating well prevents diseases, develops strong bones and helps students get good grades.

Fact #1 Eating fruits and vegetables throughout each day helps the body fight diseases.

Fact #2 Soaking githeri before cooking and not taking food together with tea enables the body to use food's nutrients better

Fact #3 Porridge should be fed to children only after six months of only giving breastfeeding, and should be a mixture of mostly maize flour with some sorghum. and millet

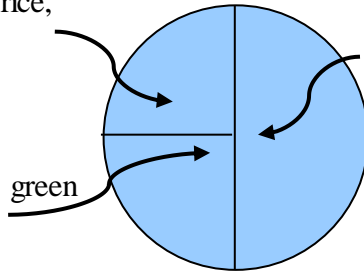


Fact #4 Eating food from animal origin like liver, meat, eggs and milk enhances children's learning abilities and provide vital nutrients and energy

FOOD SERVINGS FOR ALL PEOPLE

Energy giving foods – ugali, rice, potatoes. (1/4 of plate)

Body building foods – beans, green grams, meat. (1/4 of plate)



Protective foods – kales, amaranthus, carrots, tomatoes. (1/2 plate)



Drink Naironi or water (not tea) with your meal!

People’s food needs depend on their age and how physically hard they are working. Make sure that you eat a mixture of preventive foods, body building, and energy foods every day.

Milk servings per day

Years	Serving per day (1 cup = 2/3 of a ‘15’ cup)
Children less than 9 years	2 or 3 cups
Children between ages 9- 12	3 cups
Children between ages 13 - 19	4 cups
Adults – 19 years and above	2 cups

DIFFERENT COOKING METHODS TO HELP YOUR FAMILY

Githeri

Soak the maize & beans in water overnight. After soaking, the githeri cooks faster, is more nutritious and reduces stomach problems.

Fried kale

Fry onion and tomatoes in cooking oil; for each person use a small spoon of oil. Add amaranthus, kales, spinach, or any other green vegetable. Cook until ready. Cook for a short time to conserve the vitamins.

Ugali cooked with milk (this will make up part of the milk servings needed for the day)

Prepare with equal amounts of water and milk

Put milk and water in a sufuria and boil.

Add flour as you mix until stiff enough.

Cook ugali until ready.

Milk porridge

Prepare with equal amounts of water and milk and sugar (if desired)

Boil milk and water together in a sufuria.

Mix the flour and little water then put in a sufuria.

Continue mixing until a thick consistency. When cooked add sugar.

Porridge can be taken with sweet potatoes, arrow roots and yams.

SECRETS TO GREAT HEALTH

Vitamin A

Green leafy vegetables (kales, amaranthus, pumpkin leaves, nettle leaves) and yellow fruits (pawpaw, mangoes, pumpkins and carrots) are good sources of Vitamin A. Cabbage is less good. Vitamin A protects the body from diseases and aids in keeping good eye sight.

Factors interfering with nutrients entering your body.

Tea, coffee and unsoaked beans contain substances that interfere with food digestion and utilization of vitamins and minerals.

Soaking beans for 12 hours before cooking helps remove these substances. This improves your body's ability to use essential minerals like iron, zinc, and calcium in the food.

It's recommended to take tea two hours before or after meal but not with a meal to avoid combining the anti-nutrients and your meal. This way the food will have been digested and the nutrients absorbed before you take your tea.

Diets for infants and children six months and above.

An infant should be fed exclusively on breast milk for 6 months, with no other food or even water. Breast milk is not enough after six months; therefore supplementary food is acceptable as the child continues to breast feed. These foods include porridge with milk and sieved fruits. The porridge flour should be made from a mixture of 2 kilograms of maize and 2 kilograms mixture of sorghum, millet and other grains. Preparing the porridge with milk will further help the baby grow well and develop good learning capabilities. Feeding sieved fruit (eg. ripe pawpaw) provides important vitamins and minerals.

Food from animal sources

Liver, meat, eggs and milk help build the body as they contain minerals (for example iron, zinc), and other essential vitamins and nutrients that improve understanding and prevent the child from getting diseases.

Fruits

Fruits like mangoes, pawpaw, passion fruits, guavas and languads contain Vitamin C. When eaten with a meal, they will help the body to better use minerals (iron and zinc) in the food. Fruits have many other vitamins and important nutrients and therefore eating them every day is important.

Calcium and bone development

Milk without tea leaves provides essential calcium to help people, especially women and children grow and remain strong and healthy. Children ages 18 and below need calcium for height and bone development. Two servings of milk is essential. Women should take two servings of milk, without tea leaves, per day to help in breastfeeding and maintaining strong bones.

Breakfast

Everyone should eat breakfast before going to school or to the garden or other work. Eating ugali, arrow roots, sweet potatoes, chapatti or any other foods including fruits and vegetables, and with milk, is good morning eating. This will improve concentration in school and quality of work.

Sugar

Limit sugar in tea to one small spoon. Too much sugar contributes to diseases like increased pulse rate and diabetes).

Oil

Use liquid oil rather than solid fat in cooking to keep your heart and blood healthy.

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