महिला तथा बालबालिकाको पोषण सुधारको लागि समुदायमा छलफल तथा परामर्श गर्दा सहयोगी

सचित्र पुस्तिका

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FROM THE AMERICAN PEOPLE

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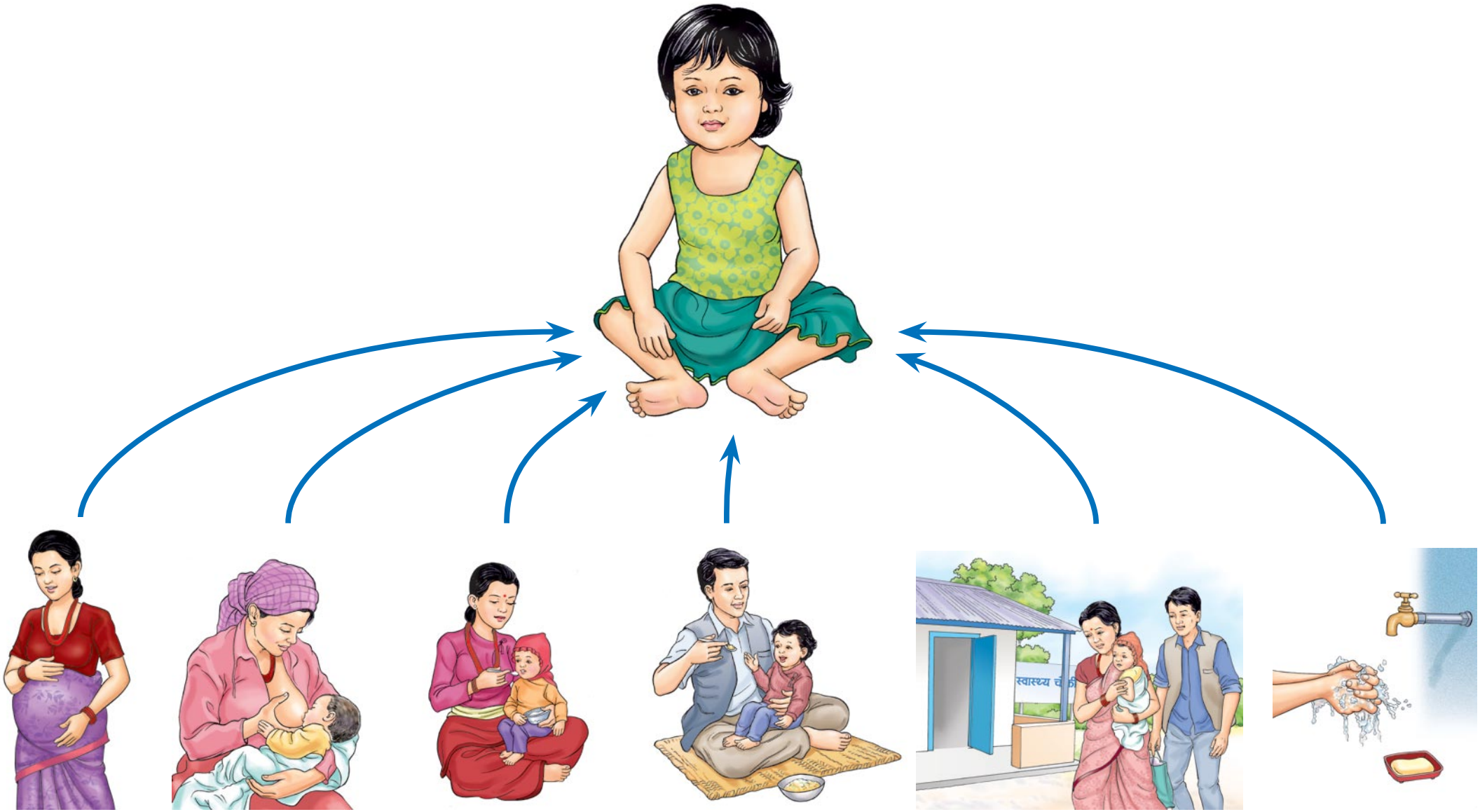


गर्भवती महिला

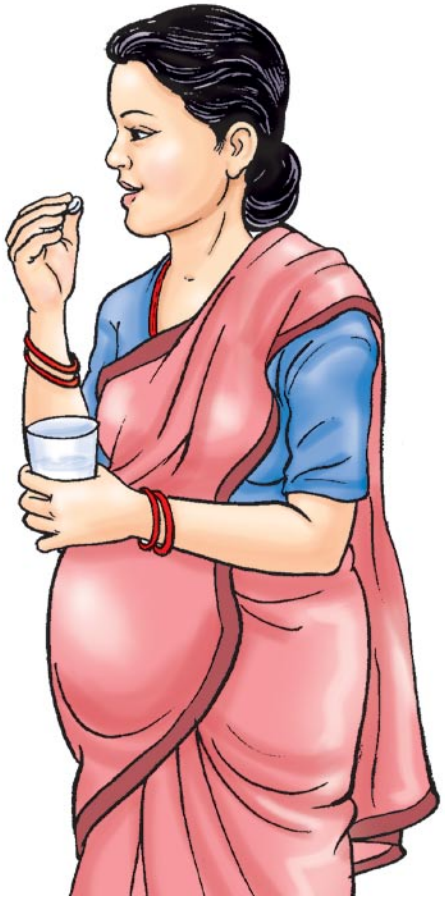
स्तनपान

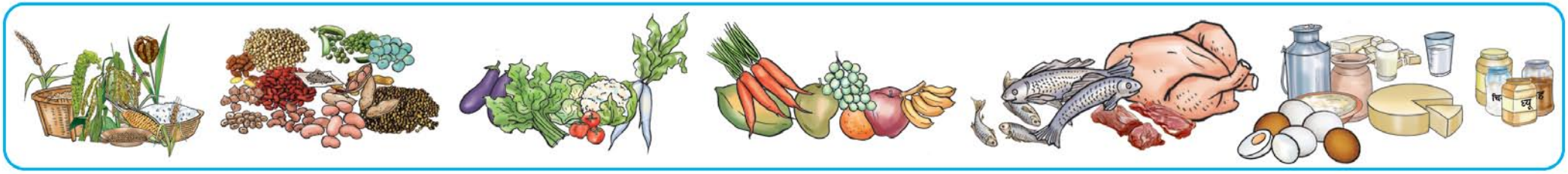
थप खाना

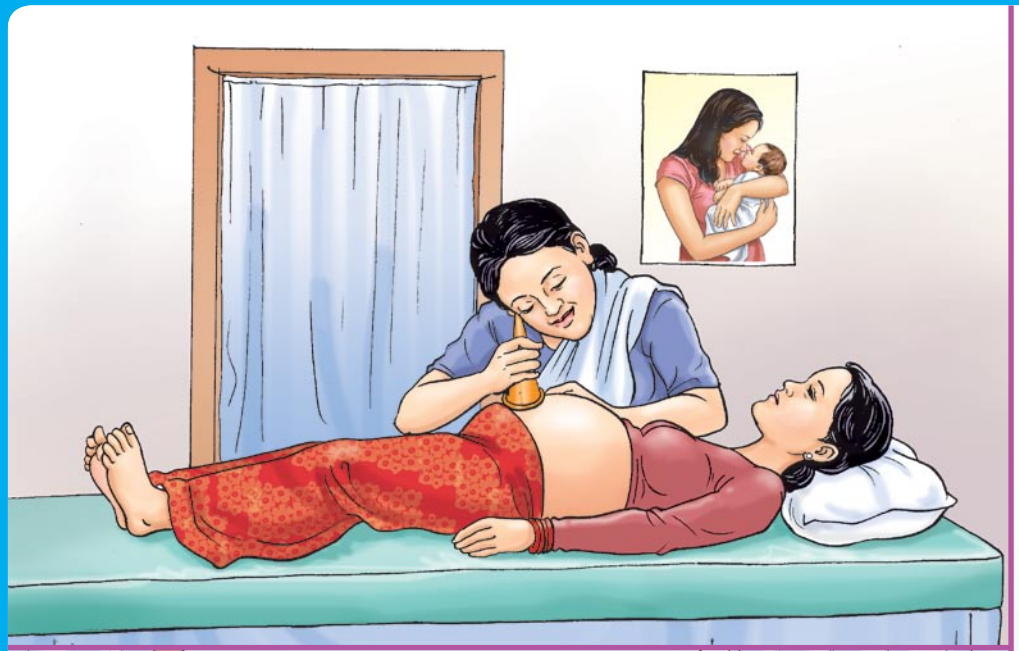
खुवाइ र स्याहार ब्यवहार

स्वास्थ्य सेवा

सरसफाई



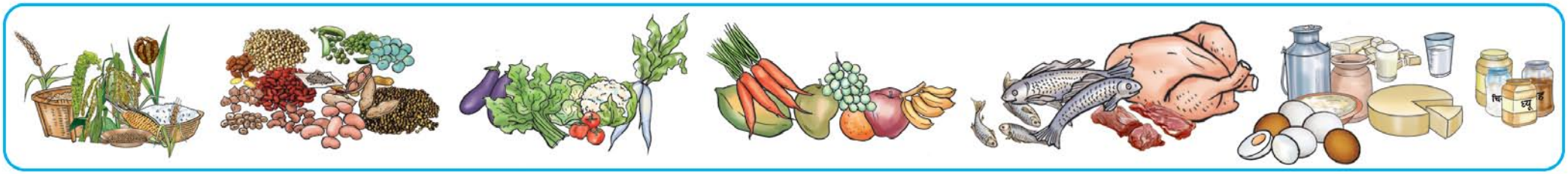




जुका बाट
बचने उपाय

थप खाना

थप खाना



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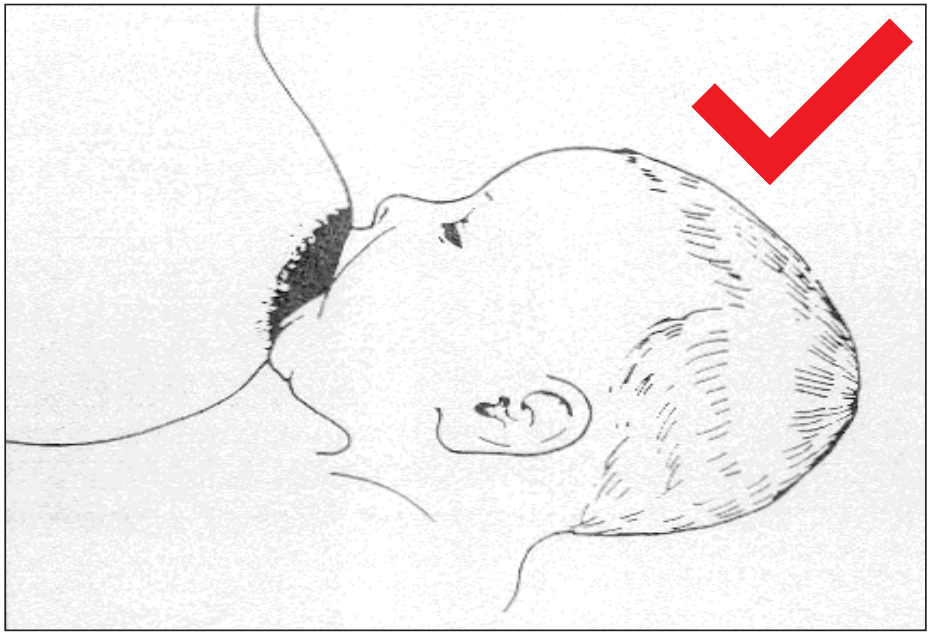

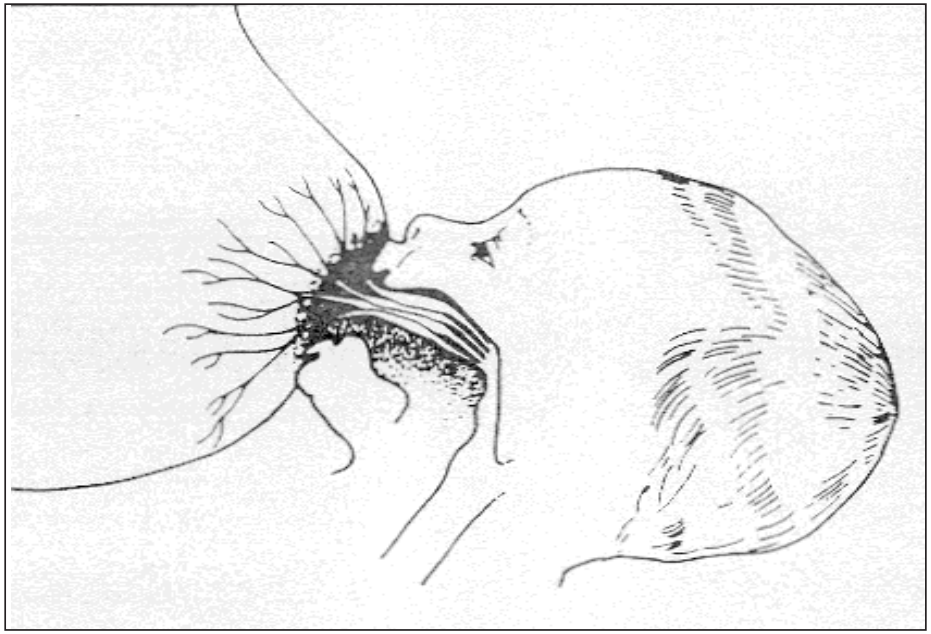

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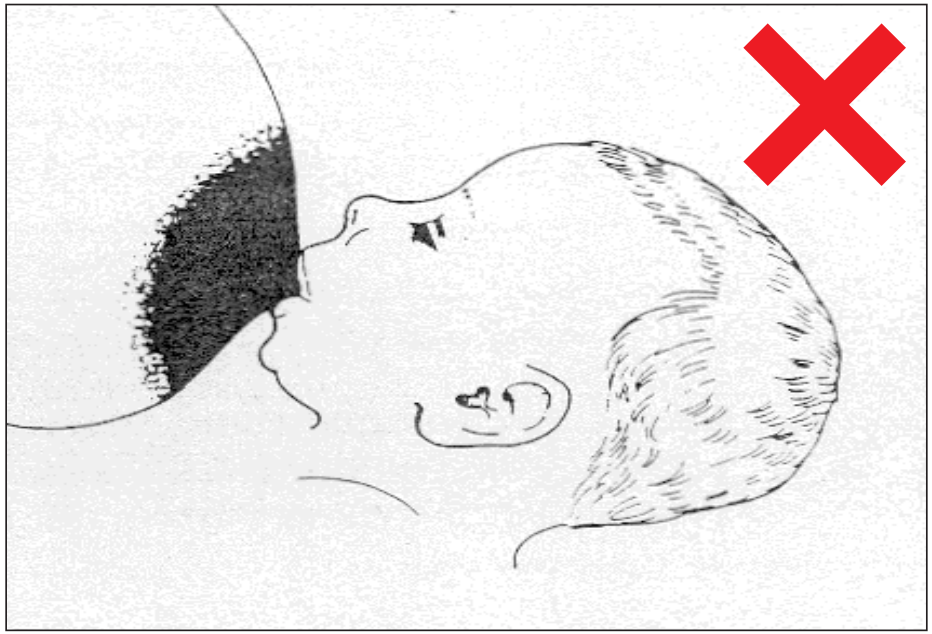
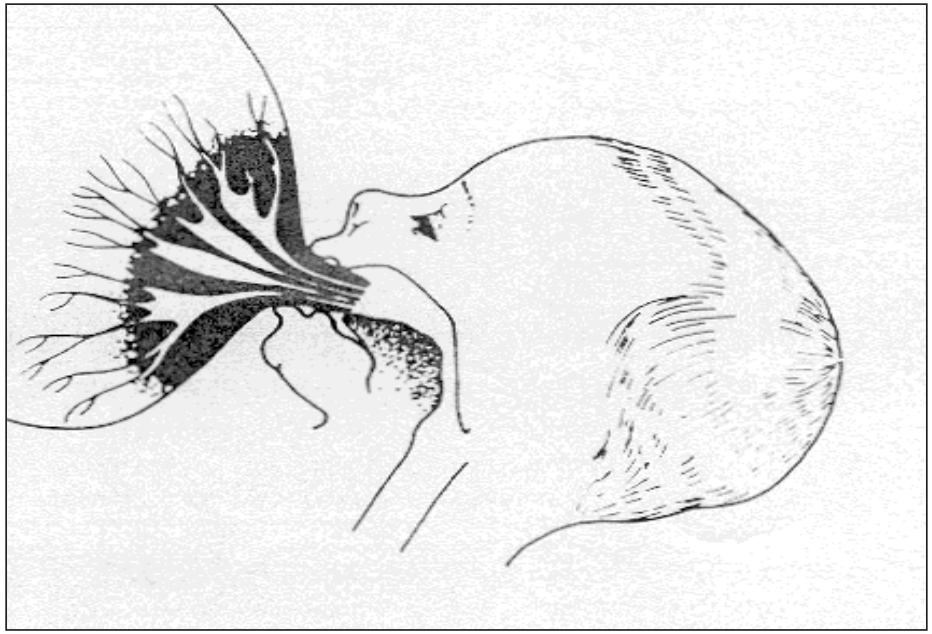
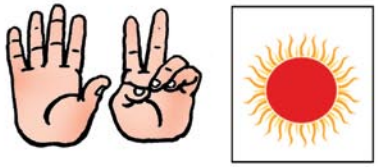
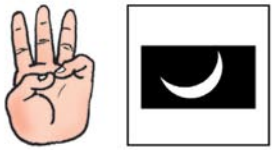








१ महिना
२ महिना
३ महिना
४ महिना
५ महिना
६ महिना

गानिनु

Photo by Mwate Chintu

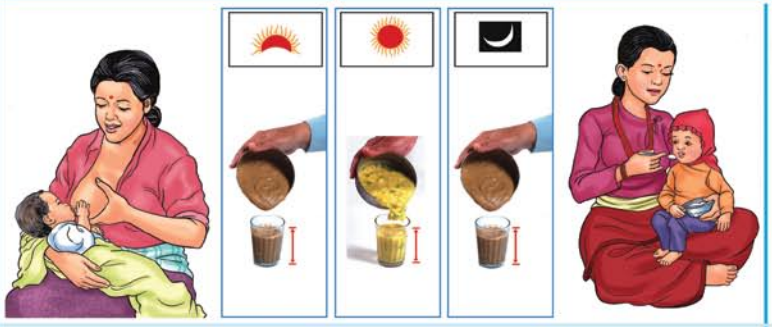
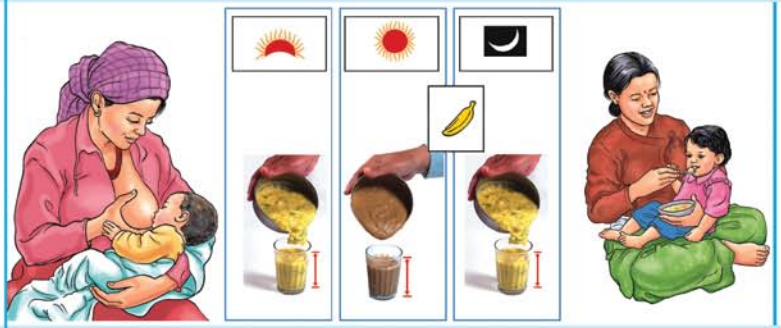
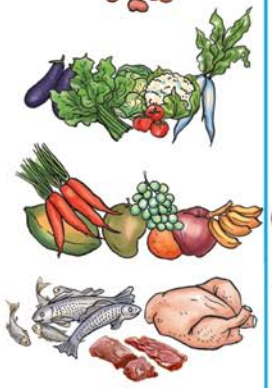
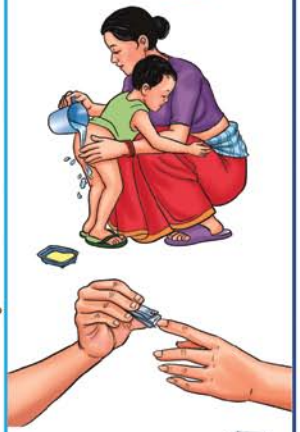
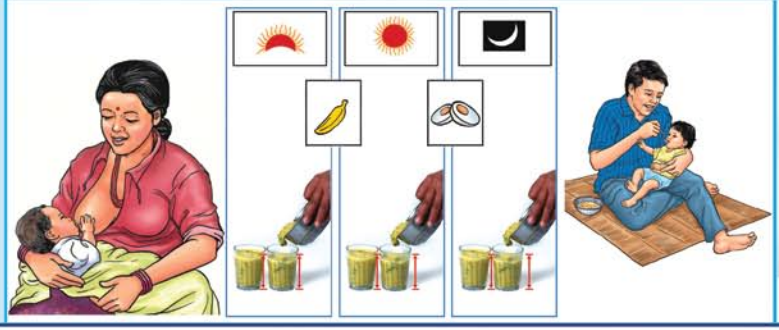
स्तनको मुन्टा चिरा पर्नु

Photo by F. Savage King

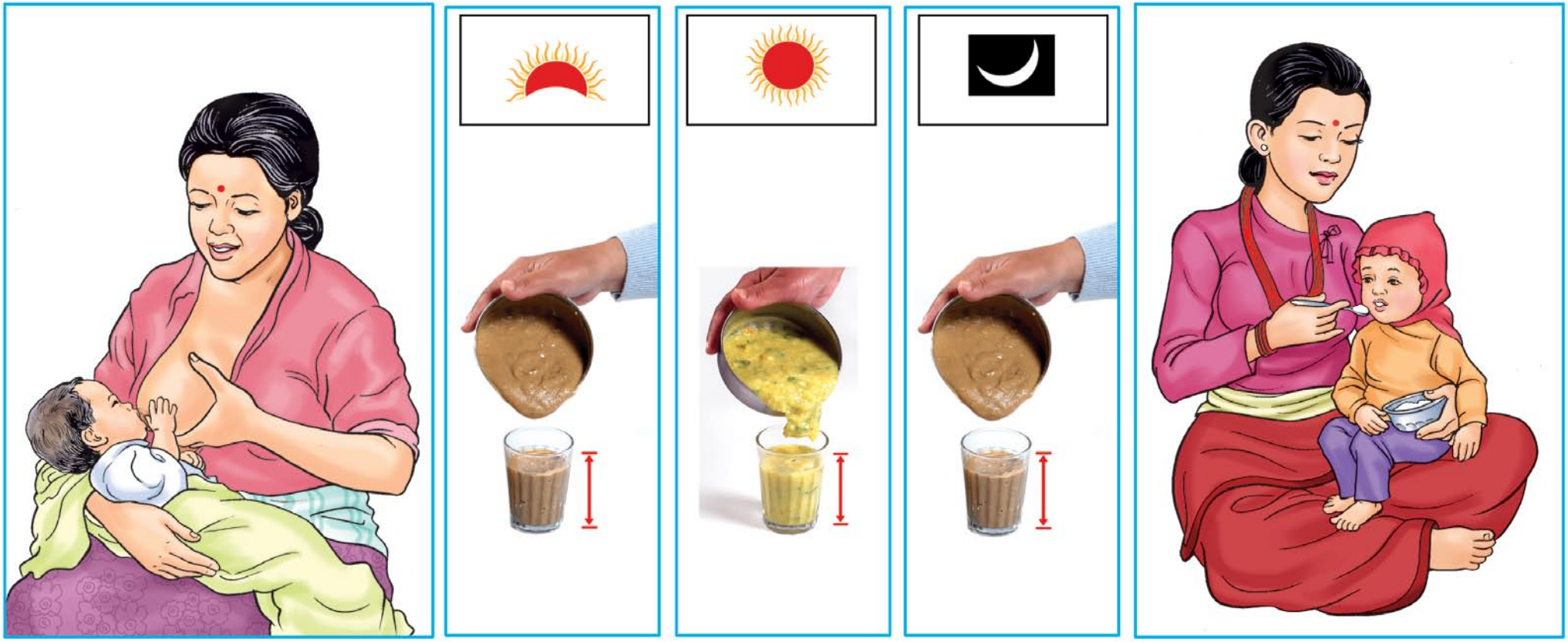
थुनेलो हुनु

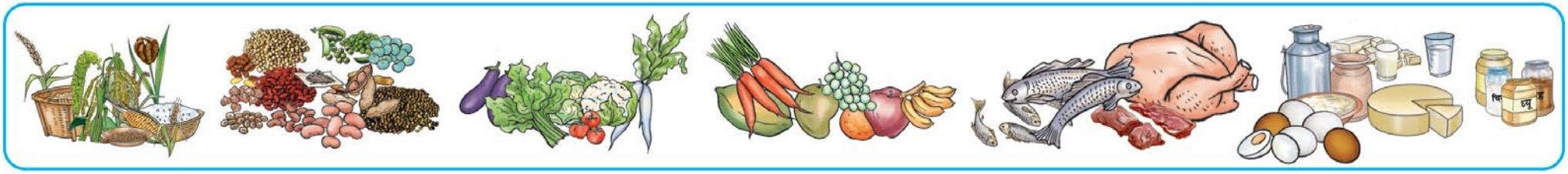
Photo by F. Savage King

पूरक तथा थप आहारसम्बन्धी सिफारिस गरिएका व्यवहारहरू

उमेर (उ) Age (A)	पटक (प) Frequency (F)	मात्रा (मा) Amount (A)	बाक्लोपना (बा) Thickness (T)	प्रकार (प्र) Variety (V)	सकृय खुवाई (स) Active Feeding (A)	सरसफाई (स) Hygiene (H)
६ - ९ महिना						
९ - १२ महिना						
१२ - २४ महिना						

६ देखि ९ महिनासम्म





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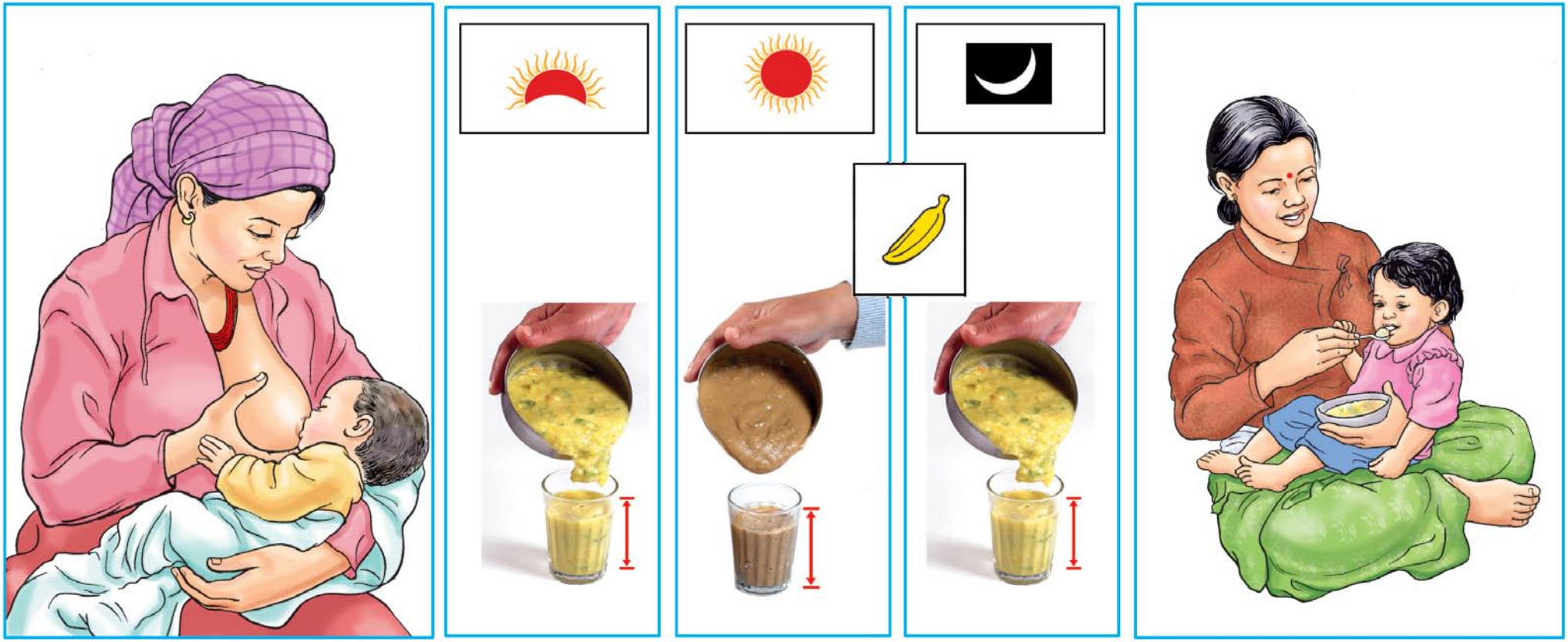

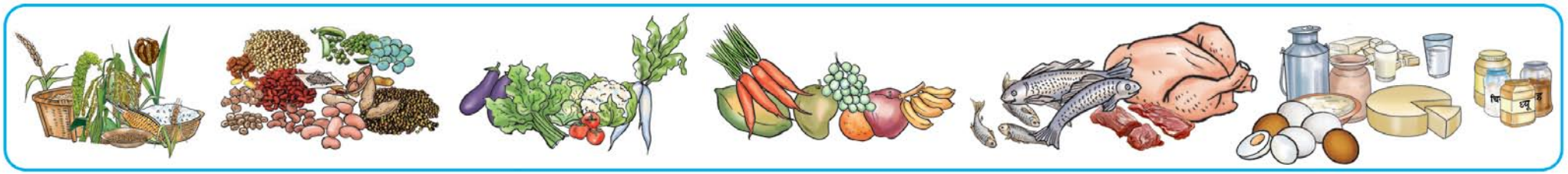

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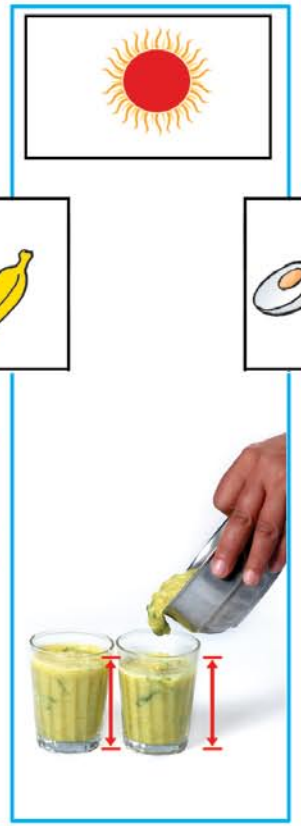
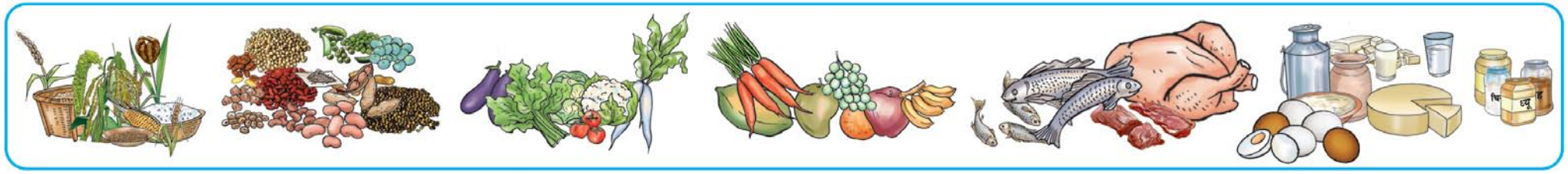
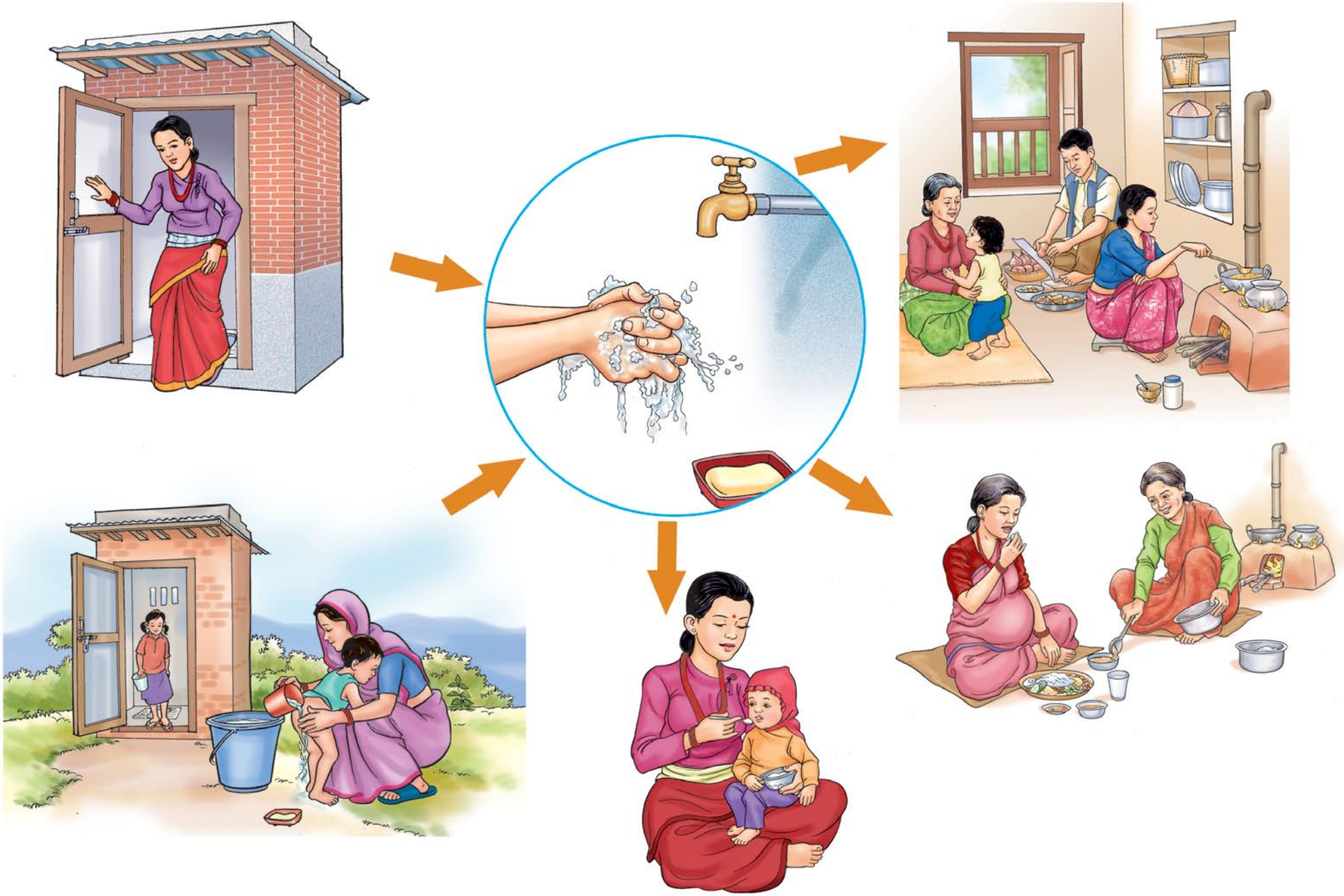


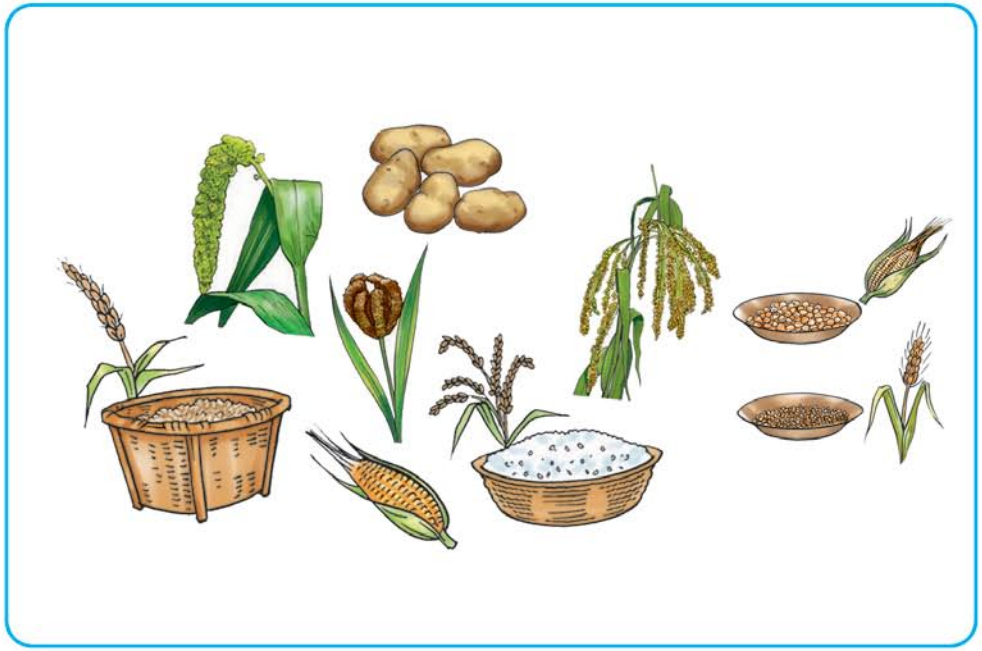


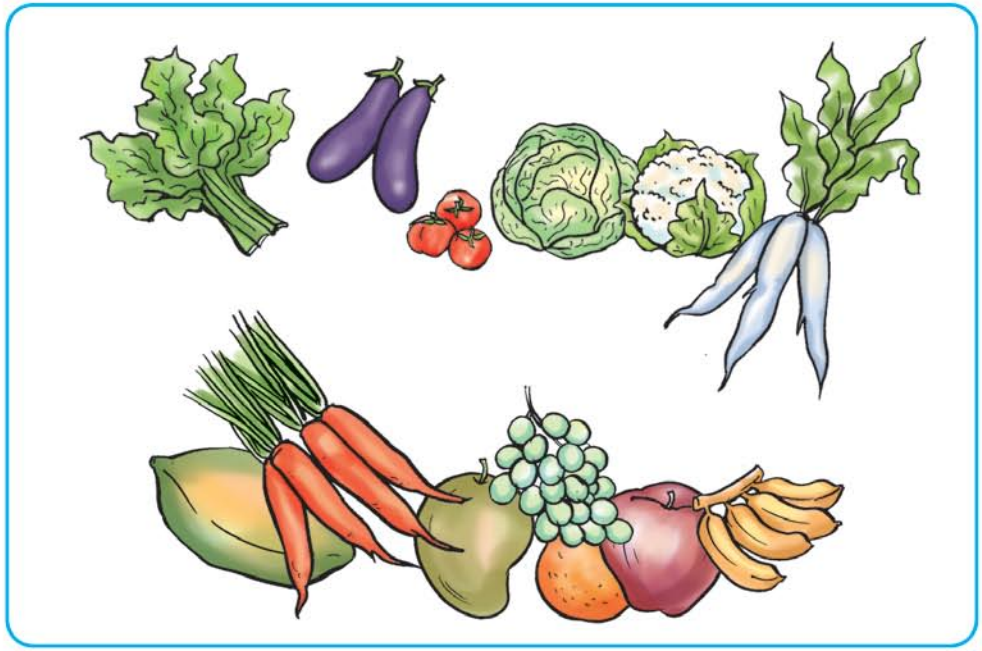
धैर्यता एवं सक्रियताका साथ उत्साहित गर्दै
पुरै खाना खुनाउने

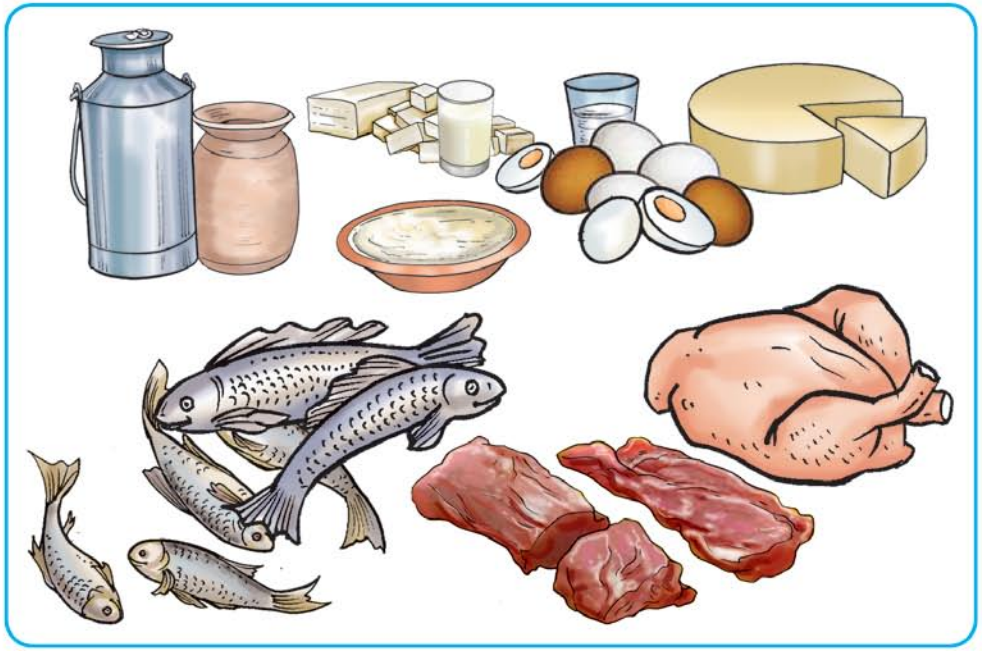


०-६ महिना सम्म

६-२४ महिना सम्म







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