

MicroMik™



How much to use?

Before Pregnancy: 3 Mini-Scoops Daily

- ♥ Both parents plan for baby
- ♥ When shall we start our family?
- ♥ How will we get best nutrition for mother, including supplemental micronutrients?
- ♥ How can we learn about pregnancy, birth, and raising children?
- ♥ Where is the safest place to give birth?

During Pregnancy: 3 Mini-Scoops Daily

- ♥ Get prenatal care
- ♥ Eat the most nutritious food you can, and fortify with micronutrients throughout pregnancy!
- ♥ Don't drink any alcohol, smoke, or take drugs

New Mother: 3 Mini-Scoops Daily

- ♥ At birth, put baby to breast immediately! This protects baby from infections and mother from birth complications
- ♥ Feed baby ONLY breast milk for 1st 6 months! Baby bottles are dangerous! They spread diarrhea & formula is too expensive for many
- ♥ Breast milk is clean & free!

Infancy (6-12 Mo): 1 Mini-Scoop Daily

- ♥ At 6 months it is time to start feeding baby with new nutritious foods, but breast feed until age 2.
- ♥ Beware! Most traditional starchy weaning foods are not nutritious for babies! So don't make special "baby food". Choose baby's food from what the rest of the family eats. Start with easily mashed foods like sweet potatoes and bananas. At one year, baby can enjoy all kinds of foods. Any semi-solid food can be fortified.
- ♥ A great first food is a mashed boiled egg, with cooking oil, a little bit of iodized salt, & fortified by mixing in 1 mini-scoop of micronutrients
- ♥ How to feed your baby: Wash your hands & put food into baby's mouth while you gently talk or sing. Help baby eat all of the food. Give the fortified portion first! Never let a child eat on the floor, alone & unsupervised.

CHILDREN Ages 1-12: 2 Mini-Scoops Daily

- ♥ The youngest children need the best nutrition, because their bodies, especially their brains are growing rapidly
- ♥ Fat in the food helps children absorb vitamins, and is extra important for brain growth in children under age 2!
- ♥ Micronutrients are important for growth, immunity, and intellectual development

TEENAGERS: 3 Mini-Scoops Daily

- ♥ At age 12 boys & girls still have a few more years to grow the strongest bodies possible and for "catch up" growth
- ♥ Girls need to grow physically and emotionally in these years before becoming mothers...
- ♥ Micronutrients are critical for the growth spurt of teenagers

ADULTS: 3 Mini-Scoops Daily

- ♥ Grown men still need vitamins & minerals for health
- ♥ Women in child bearing years need all of micronutrients for SAFE PREGNANCIES & HEALTHY BABIES!



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