

## Formative research on food taboos and habits during the first 1000 day period to inform nutrition-specific and sensitive behaviour change communication programming in Myanmar

In May-June 2016 BBC Media Action carried out qualitative research in four villages across the Dry and Delta zones on behalf of LEARN (Leveraging Essential Nutrition Actions to Reduce Malnutrition). The purpose of this research was to understand food taboos and habits which negatively impact nutrition during the first 1000 day period and to explore the beliefs and social norms which underpin these practices.

The information below was gathered through exercises completed during the focus group discussions. Participants were asked to list which foods were commonly avoided or recommended for mothers and infants. Food practices for mothers were explored during pregnancy and after birth. Food practices for infants was explored from 0 to 24 months. The feedback below outlines foods mentioned in each location.

### LOCATION 1: MYITCHAY VILLAGE, DELTA ZONE

For Mothers					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Banana	Avoid	Start of pregnancy	Before delivery	Baby will get bigger	Difficulties during delivery
Beef	Avoid	45 days after birth (confinement)			Impure blood
Bitter Gourd	Avoid	Start of pregnancy	Child 7 months	High body temperature	High blood pressure
Bitter Gourd	Avoid	Start of pregnancy	Before delivery		Cause flatulence and skin problems (bubbles)
Cabbage	Avoid			Will cause baby abdominal pain	Cold food

Chicken Curry	Avoid	Confinement (one month after birth)			Veins become varicose (A kyaw Htone)
Chilli	Avoid	Start of pregnancy	Giving birth	Worried that the baby suffers from abdominal pain	Worried about mother having abdominal pain and post-natal diarrhoea
Chilli	Avoid	Start of pregnancy	After birth 3 / 4 months	Stomach ache/ Sick	Difficulties during delivery
Chilli	Avoid	Start of pregnancy	45 days after birth 2 or 3 months	Poor health and hair loss	
Djenkol Bean	Avoid	Start of pregnancy	Child 7 months	High body temperature	High blood pressure
Djenkol Bean	Avoid	Start of pregnancy	4-6 months after birth		Stiffness
Eel	Avoid	6 months pregnancy	45 days after birth		Suffer leprosy. Hibernating animals can harm mothers.
Eel	Avoid	45 days after birth (confinement)		Itching	Allergies for mother
Eggplant, tomatoes, gourd	Avoid	After delivery	Four months old	Cause baby abdominal pain	
Fish paste (ngapi) curry	Avoid	After giving birth	One year	Rotten breast milk and child would suffer	
Fish paste (ngapi) sauce	Avoid	Start of pregnancy	45 days after birth	Worried child will experience flatulence	
Hilsa (ngar tha lauk)	Avoid	6 months pregnant	45 days after birth		Stiffness
Mangosteen	Avoid	During pregnancy			It can cause dizziness.
Ngan Pyar Yay Chat	Avoid	Start of pregnancy	After birth 3 / 4 months	Stomach ache/ Sick	
Ngar tan fish	Avoid	After giving birth	Four months old	Suffer from epilepsy	Suffer from weakness in muscles
Potatoes, onions, garlic	Avoid	After delivery	One month	Stomach ache to child	

Ray fish (ngar late kyauk)	Avoid	After delivery	Until 4-6 months		Leprosy
Roselle	Avoid	After delivery	One year	Stomach pain	
Roselle (Chin Paung Hin)	Avoid	Confinement (one month after birth)		Stomach ache	
Roselle Leaf	Avoid		Near delivery		Flatulence
Roselle, water grass	Avoid	45 days after birth		Stomach pain	
Shrimp	Avoid	After delivery	10 days		Skin itchy / allergy
Small shrimp	Avoid		After birth while woman is Thway Nu Thar Nu (no specific timeline)		Suffer from allergies in delicate stage (after birth)
Thunnus tonggol, fish	Avoid	After delivery	One month		It makes mother itchy
Underground meat	Avoid	Start of pregnancy	5 to 6 months after birth		Leprosy
Underground meat (Ngar Shint, Frog, Mouse)	Avoid	After delivery	7 days after delivery		Leprosy
Vegetable (like water cress)	Avoid	After delivery	One month	Gives child stomach ache	
Vegetable. For example water cress.	Avoid	After delivery	One month	Gives child stomach ache	
Watercress	Avoid	After delivery	Four months old		Cold food causes flatulence
Bean sprout	Eat	Sometimes, buy from Bogale market		It is nutritious	
Cake and milk	Eat	Since birth			To be healthy and have energy for mothers
Centella (myin khwar) soup	Eat	After giving birth	14/15 days after birth		For better breast milk supply
Chicken	Eat	Start of pregnancy	Giving birth		Gain appetite and strength
Croaker (Nga Pote Thin)	Eat	After delivery			
Dried Fish (Bake)	Eat	After delivery	10 days		Good food for mother
Dried fish (snakehead fish)	Eat	7 days after birth (during confinement period)			Best for mother, suitable and durable

Dried fish	Eat	Since birth	One month old		It is good for mother
Drink turmeric (Na Nwin)	Eat	After delivery	5 days		Clean blood/ hand won't be numb
Dry fish + Oil	Eat	After delivery	5 days		Good for health
Fish	Eat				Easily accessed at home
Fish (mango fish), prawn and soup	Eat	7 days after giving birth			To make mother's milk productive
Fish, threadfin (ngar pon nar)	Eat	Start of pregnancy	45 days after birth	Easy to get. Nothing specific but eat what have to.	
Fried fish	Eat	After giving birth	One month old		Good food for mother
Fried prawn	Eat	After giving birth	10 days		Good food for mother
Mango fish	Eat	7 days after giving birth	Until one month or 45 days after birth		Nourishment, easy to get, good for health
Mango Fish (Nga Pone Narr)	Eat	After delivery	10 days		Good food for mother
Mee Ma Kin Say (Traditional Medicine)	Eat	After delivery	During 7 days		For discharge bad blood from body
(Ngar Late Chauk) dry fish.	Eat	Start of pregnancy			Ease during delivery
Obimin (energy medicine)	Eat	Start of pregnancy	After delivery		According to the health worker instructions
Prawn	Eat			Easy to get. Nothing specific but eat what have to.	
Prawn	Eat	After delivery			It's OK with mother to eat (means no negative impact)
Prawn	Eat	After delivery			

Ray fish (ngar late kyauk)	Eat	Start of pregnancy	9 or 10 months pregnant		For easier birth. The embryo can enter the mother's womb and the child can come out easily
Rice + jaggery	Eat	After delivery	5 days		Clean the immunity and can even die if don't eat according to older people
Small fishes	Eat	After delivery			
Snakehead fish (ngar yant)	Eat	After delivery		For more breast milk supply	
Soup (Hinn Khar)	Eat	Confinement (one month after birth)			To increase breast milk
Soup Hin Khar	Eat	After delivery	5 days		Improve breast milk Ingredients (fish, pepper, garlic, salt and cooking powder). We knew this message from the TBA
Thway Pote Cha Say (traditional medicine)	Eat	After delivery	7 days after delivery		To discharge bad blood from body
Turmeric	Eat	Confinement period	7 days after delivery		Better health and avoid menopause
Turmeric	Eat	After delivery	One month		Discharge unclean blood
Turmeric + Salt + Water	Eat	After delivery	One month		Healthy
Turmeric	Eat	After delivery	Seven days old	To be healthy	To be healthy and purify blood.
Wan Pote Cha Say	Eat	After delivery	7 days after delivery		To discharge dirt from the stomach
Watercress, calabash, potato	Eat	Start of pregnancy	Since birth	It is nutritious	

For Infants					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
All kinds of fish	Avoid	Until 1 years old		Have worms in the womb	
Bitter gourd	Avoid	1 year	2 year	Child does not eat as bitter. Child get flatulence	
Chilli and spicy food	Avoid	6 months	One year old	Worried to have abdominal pain & cause baby diarrhoea	
Chilli	Avoid	1 year	2 years	Stomach ache	
Coffee	Avoid	After birth	One year	Dull (not clever), fasten heartbeat and do not sleep well	
Condensed milk	Avoid	6 months	1 year	Congested in the stomach	
Guava	Avoid	Until 1 year		It gives asthma to the children	
Hot and spicy food	Avoid	Until 1 year	5 years	Babies can't eat	
Jelly	Avoid	After 5 months	Until eat own	Mucus exclude. Coughing	
Smelly fish	Avoid	Six months	One year old	Worried to have abdominal pain and have worm in the stomach	
Sour foods	Avoid	Along the breastfeeding period.		It can be allergic with the breast feeding.	
String bean, watercress, cabbage	Avoid	Six months	One year old	Causes flatulence	

Too much sugar and sweet food /Palm Sugar	Avoid	6 months	1 year	Congestion in the stomach	
Various fish	Avoid	Since birth	One year old	Worried to have worms	Causes abdominal pain
Apple and orange	Eat	Until 1 years old			
Baby Vita	Eat	After birth	6 - 11 months	Get stronger, eat more	
Baby Vita	Eat	One month old	Current	It is nutritious	
Banana	Eat	6 months	1 year	It's fine to eat and nothing happened to child	
Bean sprouts	Eat			Get stronger, child develop	
Biscuit	Eat	6 months	1 year	Taste good and growth fast	
Biscuit	Eat	6 and more than 6 months			
Breast feeding	Eat	After I get birth	Until 2 or 3 years ago.		
Breast milk	Eat	After birth	6 months	Health worker advised to. Good health.	
Cake	Eat	6 months	1 year	Okay for baby, nothing happen to them	
Calabash (Buu Thee)	Eat	1 year	2 years	Flatulence if you feed calabash in very hot weather the kid will be diarrhoea.	
Dried cake and bread	Eat	After 6 months	Not specific		
Eggs / chicken / quail	Eat	Start form 4 or 5 months later.			

Fish and soup	Eat	1 year	Two years old	Babies can eat more	
Fried potato	Eat	6 months	1 years	OK to eat	
Garden pea	Eat	Until 9 or 10 months			
Jeep Car (local name) medicine	Eat	After birth		Sleep well	
Ka La Phar (carminative)	Eat	Exactly 6 months, everyday		Worry for colic to the children	
Mango	Eat	Until 1 year		Not seasonal	
Mango	Eat	1 year			
Milk	Eat	6 months	1 year	Okay for baby, nothing happen to them	
Milk Powder	Eat	4 and 6 months			
Nutritious Powder	Eat	6 months	1 year	Okay for baby, nothing happen to them	
Nutritious powder	Eat	45 days after birth	1 year and 6 months		
Nutritious powder	Eat	One month old	Current	Have resistance from mosquito and gnat bites	
Pinguin milk powder	Eat		As suitable	Good health. Not suitable with coffee. Made from milk, natural from cow.	
Potato	Eat	1 year	2 years		
Potato	Eat	One month old	Current	It is nutritious	
Quaker (oat)	Eat		Not specific	Nutritious for baby. Good health.	
Rice + cooked oil	Eat	6 months	1 year	To grow fast	



				It is helpful to make the child sleep. Children don't often pester to get breastfeeding. It can provide more resistance to the children from mosquito and ant biting	
Rice + Energy medicine	Eat		Until 4 or 5 months		
Rice + Oil + Egg	Eat	6 months	1 year	Ok to eat	
				It is nutritious and the child does not easily become hungry again. Child feel more satisfied in compared to eating snack	
Rice, oil, salt	Eat	Six months	Current		
Rice, oil, salt	Eat	One year old	Two years old	To reduce lactation	Mother can do work/house chores.
Smashed rice	Eat	15 days after birth	6 months	Have resistance from diseases	
Smashed rice	Eat	One month old	Current	It is nutritious	
				We worry that the children can't take easily	
Spices	Eat	Until 1 year			
				Decreased temperature from body and chest	
Tha Na Khar	Eat	After one month old			
Traditional Medicine ( Lay Pote Htoke)	Eat	6 months		Worry for crying	
Vegetables	Eat	1 year	2 years	Flatulence	

Very soft rice + baby vita	Eat	After birth	Before 6 months	To have resistance from mosquito bites	
Water	Eat	After 3 months		Child might be thirsty	
Water	Eat		Until 4 or 5 months	Worry for the children might get thirsty.	

**LOCATION 2: AH CHAR KALAY, DELTA**

<b>For Mothers</b>					
<b>Type of food</b>	<b>Eat/Avoid</b>	<b>Period</b>		<b>Why?</b>	
		<b>From</b>	<b>To</b>	<b>For child</b>	<b>For mother</b>
Chilli/ spicy/ pepper	Avoid	Pregnancy	Child 2 or 3 years	Hair fall / Skin damage after birth	
Banana	Avoid	Start of pregnancy	During Pregnancy (before delivery)	Child growth	Difficult to deliver
Banana	Avoid	Pregnancy	Before delivery	Baby will become large	Difficult to deliver
Banana (phee gyan)	Avoid	After Birth	7 days		
Banana (rakine banana)	Avoid	After Birth	2 years and a half	Feel congested in the chest	Loose muscles
Beef	Avoid	Since young			Sin to eat beef / rare to get
Bitter gourd	Avoid	Delivery	Until now	Sick and high temperature	Haemorrhage before birth (Yay Paung)
Bitter gourd	Avoid	After birth	A year and a half		Skin Allergy
Bitter gourd	Avoid	Pregnancy	Until Birth		Feel stiffness in the neck and back
Bitter gourd/ marrow/ djenkol bean	Avoid	Confinement	During 7 days	High blood pressure/ Feeling stiffness	High blood pressure/ feeling stiffness
Chicken	Avoid	After delivery	Around 4 months (Confinement period)		Veins become varicose (A kyaw htone)
Chilli	Avoid	Start of pregnancy	Until child is 1 year old	Stomach ache / Hair won't grow	Miscarriage
Chilli	Avoid	After birth	Up to 3/4 months	It's hot and can have stomach ache and hair loss	It's hot and can have stomach ache and hair loss.
Chilli	Avoid	Confinement	During 7 days	Stomach ache	Post-natal diarrhoea

Chilli/ spicy	Avoid	After birth	2 months	Diarrhoea (a puu wan)	Post-natal diarrhoea
Cucumbers	Avoid	After birth	2 months		
Djenkol bean	Avoid	After birth	All season		Blood pressure
Djenkol bean	Avoid	After birth	2 years and a half		Poison/ Vomit / Feel stiffness
Dry fish (nga yant chout)	Avoid				
Duck	Avoid				
Duck	Avoid	After birth	4 months		
Duck	Avoid	After birth	1 year		Body swollen / A Pote Sar
Eel	Avoid	After birth	Until child is 1 year old		Body swollen
Egg (duck)	Avoid	After birth	4 months		
Eggplant	Avoid	After birth	2 months	Suffer flatulence	
				Worry if the child have stomach ache Worry if there are worms in the stomach	
Fish (ngar dan)	Avoid	After birth	Up to 7 months		
Ginger	Avoid	Pregnancy	Before birth		High Blood pressure
Guava	Avoid	After birth	2 months		Seed of Guava stick at seam
				Child's hair won't grow, skin problem, stomach ache	
Hot & spicy (chilli)	Avoid	Pregnancy 5/6 months	Until birth		Stomach ache
				Can cause diarrhoea when mother give breastfeeding	
Hot food/chilli	Avoid	After 7 days confinement period	Over a year		
Lamprey	Avoid	After birth	Until child is 1 year old		Body swollen
				It's kind of cold food and can cause diarrhoea	
Lettuce, water grass, roselle	Avoid	After birth	Up to 2/3 months		It's kind of cold food and can cause diarrhoea

Lychee	Avoid	After birth	2 months	Gases in the stomach	Unclean blood can't discharge
Mango	Avoid	After birth	All season		
Mango (not ripe)	Avoid	After birth	3 to 4 months (confinement period)	Congestion in chest	
Mango (not ripe)	Avoid	After birth	Until 8 months		Blood can't be discharged/ Flatulence
Mouse	Avoid	After Birth	Until child is 1 year old		Body swollen
Pepper	Avoid	Start of pregnancy	Until child is 1 year old	Stomach ache / Hair won't grow	Miscarriage
Phan ngar thee	Avoid	After birth	Till 3 months		Blood can't be discharged
Phar ngar thee	Avoid	After birth	A year and a half		Blood can't be discharged/ Flatulence
Pumpkin	Avoid	Pregnancy	Until birth		Feel stiffness in the neck and back
Raw flesh fish	Avoid	Pregnancy	Until birth		Vomit
Roselle	Avoid	Confinement	During 7 days	Stomach ache	Stomach ache
Roselle (chin paung)	Avoid	After birth	2 months	Stomach ache	Stomach ache
Soup	Avoid	Pregnancy 5/6 moths	Until birth	Stomach ache	High blood pressure/ hot & spicy
Water	Avoid	After birth	2 months	Stomach ache	Stomach ache
Water cress	Avoid	After 7 days confinement period	Over a year	Can cause diarrhoea when mother give breastfeeding	
Water melon/ cataloupe	Avoid	After birth	A year and a half		Blood can't be discharge/ Flatulence
Banana (pyee kyan)	Eat	Start of pregnancy	7 months (pregnancy)	To be strong	To be strong but don't feed mother when the delivery time is close because if the child is very strong (means grow/big), it can make difficult to give birth.

Banana (variety of fragrant banana)	Eat	Pregnancy	No time limitation	Child nutritious	Nutritious
Chayote	Eat	During pregnancy	9 months (till delivery)	Gives energy	Give energy
Chicken	Eat	Confinement	During 7 days	Release from diseases	Nutritious
Chicken	Eat	During pregnancy	Until delivery		Make the wound to be recovered quickly
Chicken	Eat	After birth	Up to 2 months	It's OK to eat and healthy	It's OK to eat and healthy
Chicken powder	Eat	After Birth	During 7 days		Nutritious
Chinese snack	Eat	Confinement	During 7 days		Nutritious
Dried fish/ banded snake head	Eat	Confinement	During 7 days	Release from diseases	Suitable for mother/nutritious
Egg	Eat		Before delivery (two days per week)	To have full energy and strong	
Egg (duck)	Eat	Pregnancy			Stomach ache
Egg (duck/chicken)	Eat				
Fish	Eat	After birth			
Fish (bake fish / nga pote thin)	Eat	After birth	During breast feeding		To increase breast milk
Fried fish	Eat	After birth	20 days	No Harm	Okay to eat
Fried fish	Eat	Confinement	During 7 days	Release from diseases	Okay for mother/ nutritious
Hydrocotyle asiatica + drumstick soup	Eat	Confinement	During 7 days		Increase breast Milk
Instant oat	Eat	Confinement	During 7 days		Increase breast milk
Lettuce, water cress, roselle	Eat	During pregnancy	9 months (till delivery)	Give energy	Give energy
Long bean(string bean)	Eat				
Mango	Eat	Pregnancy			Stomach ache
Mango fish/jiant sea perch	Eat	After birth	Up to 2 months	It's OK to eat and healthy	It's OK to eat and healthy

Milk	Eat	Start of pregnancy	Before delivery	To be strong	
Milk / juice	Eat	Pregnancy			Stomach ache
Milk powder	Eat	After Birth	During 7 days		Nutritious
Ovaltine	Eat	Pregnancy	No time limitation	Nutritious for child	Nutritious
Pork	Eat				
Prawns	Eat	Confinement	During 7 days	Release from diseases	Nutritious
Prawns (fried)	Eat	After birth	During breast feeding		To increase breast milk
Prawns	Eat	After birth			
Ripe mango	Eat	Pregnancy	After birth		
Roselle/ water grass/ radish plant/ potato	Eat	Pregnancy 3/4 months	Before delivery	Child growth	Nutritious
Soup (hin khar)	Eat	After birth	During breast feeding		Enough breast feeding to baby
Ingredients: noe pway ywat / dant da lun ywat/ myin kwar/ ka na pawt ywat/ gone min ywat/ pepper+fish paste+garlic	Eat	After birth	2 days		Increase breast milk
Soup (hydrocotyle/ noe pway ywat)	Eat	Pregnancy	No time limitation	Nutritious for child	Nutritious
Tea	Eat	After birth	Up to 2 months	It's OK to eat and healthy	It's OK to eat and healthy
Torpedo /banded sanke head	Eat	After birth	During 3 or 5 days		Control Blood
Tumeric	Eat	After birth	3 days		Good for mother health and clean all the dirty/hot from the body
Tumeric consumption plus apply the body	Eat	After birth 5/6 months	Until 5 to 6 months		
Vegetables	Eat	After birth	Before delivery	Cools down the child	Produce more breast milk
Water cress/ roselle	Eat	After birth	One month		Increased appetite

For Infants					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Bean	Avoid	6 months	11 months	Flatulence	Flatulence
Bone	Avoid	No specific time		Worry if a bone gets stuck in the throat	
Chilli	Avoid		2 years	Stomach ache	
Chilli	Avoid	1 year	2 years	Stomach ache/ Flatulence	Stomach ache/ Flatulence
Chilli	Avoid	6 months	2 years	It's spicy and child also don't eat	
Condensed milk	Avoid	6 months	1 years	Congestion in the chest	
Crab	Avoid	1 year	2 years	Diarrhoea	
Fermented fruit dessert (A chin Paung)	Avoid	Birth	6 months	Diarrhoea	Diarrhoea
Fish Paste/ dry fish (Salty Food)	Avoid	6 months	2 years	Diarrhoea / worry for thirsty all the time	
Guava	Avoid	6 months	3 years	Seeds will cause trouble in the stomach / choking	
Ice juice	Avoid	Birth	6 months	Diarrhoea	Diarrhoea
Lemon	Avoid	6 months	1 year	Diarrhoea	
Lemon (Sour food)	Avoid	6 months	After 1 years	Sour food causes problems with breast milk	
Milk ice-lolly	Avoid	Birth	6 months	Diarrhoea	Diarrhoea
Roselle	Avoid	6 months	1 year	They don't like to eat	
Sour	Avoid	6 months	11 months	Diarrhoea	Diarrhoea



Sour Plum (Zee Htote)	Avoid	1 year	2 years	Stomach ache/ Flatulence	Stomach ache/ Flatulence
Spicy	Avoid	6 months	Until they can eat those food	They can't eat	
Spicy (Chilli)	Avoid	6 months	11 months	Stomach ache	Stomach ache
Spicy food	Avoid	1 year	2 years	They can't eat and worry if they have stomach ache	
Spicy food	Avoid	1 year	2 years	It's spicy and the child also doesn't eat	
Watercress	Avoid	6 months	1 year	Feel cold in the stomach and stomach ache	
Watercress	Avoid	6 months	11 months	Flatulence	Flatulence
Apple	Eat	6 months	11 months	Nutritious	Nutritious
Banana	Eat	6 months	11 months	Nutritious	Nutritious
Biscuit	Eat				
Biscuit/Chinese snack	Eat	3 months	Until baby could eat (chew)	To have energy	
Breast Milk	Eat	6 months		Not dangerous for baby.	
Breast Milk	Eat	Birth	6 months	Nutritious	
Biscuit	Eat	8 months		They like to eat	
Cake	Eat				
Gold Power (Drink)	Eat	1 month	8/9 months	It gives energy for child and it's like rice/nutrition	
Green Tea Leaf	Eat	1 year	2 years	They like it but it gives stomach gas	
Na Na Kit English Medicine	Eat	2 / 3 days		To avoid flatuence	
Nutritious Powder	Eat	6 months	1 year	To grow taller	

Orange	Eat	6 months	11 months	Like a supplement to make the child healthy	Nutritious
Ovaltine	Eat	6 months		Nutritious	
Potato Biscuit	Eat	2 months		Not enough with breast milk.	
Rice	Eat	Birth	6 months		
Rice + vitamins / Shwe Tha Min Arr Say (Kalay Tha Nge Nar say) / Jeep Csr Medication	Eat	6 months	1 year		
Rice mixed with cooked oil	Eat	6 months	1 year	Nutritious	
Smash rice + honey	Eat	3 months	5 months	For energy	
Smash rice + Baby Vita	Eat	3 months	Over 1 year	To make the child full and have energy	
Sweet Potato	Eat	6 months	11 months	Nutritious	Nutritious
Tha Na Khar	Eat	2 months	2 years	Feel cold in the stomach	
Vegetables/ eggs/ potato	Eat	1 year	2 years	Nutritious	
Very soft rice	Eat	2 months		More nutritious/ avoid mosquito bites	
Vitamins (Arr Say)	Eat	9 / 10 days		To avoid flatulence	
Water	Eat	1 month	Until now	Feel cooler in the stomach	
Water	Eat	2 months		Feel cold in the stomach	
Watercress/ Roselle	Eat	1 year	Until now	Child is at the age when she/he is able to eat.	

**LOCATION 3: AH NAUT TAW, DRY**

For Mothers					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Bamar traditional medicine (Moke Soe Kyaw)	Avoid	Start of pregnancy	6 months		Miscarriage and get burn for mother
Bamboo roots	Avoid	After birth	7 months after delivery	Veins become varicose	Pain in feet
Bawsakane leaf	Avoid	5 days after deliver	2th month after delivery		High blood pressure, stiffness
Bean paste	Avoid	After birth	12th month after delivery		Can cause leprosy
Bean paste	Avoid	5 days after delivery	1 year after delivery		Leprosy
Bean/ leaf	Avoid	5 days after delivery	10 days- 1st month after delivery		
Bee	Avoid	After birth	7 months after delivery		Suffer stiffness in the neck
Bee & honey	Avoid	Start of pregnancy	7 months after delivery		Can cause leprosy, lump
Beef/ bones	Avoid	5 days after delivery	1st-2nd month after delivery	Stomach ache	
Beef/ bones	Avoid	5 days after delivery	1st-2nd month after delivery	Stiffness in the muscles, death	
Bees	Avoid	Start of pregnancy	7/8 months		Suffer stiffness in the neck or back
Bitter leave (gwe thaut ywet)	Avoid	5 days after delivery	8th month after delivery		Unclear eyesight, stiffness in the neck or back
Bitter gourd	Avoid	Start of pregnancy	8th month after delivery		Numb hands, miscarriage, stiffness in the neck or back
Bitter gourd	Avoid	4 months	Until birth		Suffer stiffness in the neck or back
Bitter vegetable	Avoid	Start of pregnancy	Until birth		Miscarriage
Candy	Avoid	5 days after delivery	4-5th month after delivery		Gynaecological problems
Chilli	Avoid	Start of pregnancy	Until birth	Burn and chang child's hair colour	Miscarriage

				red	
Chilli	Avoid	3 or 4 months of pregnancy		Blurred vision	Miscarriage
Chilli	Avoid	Start of pregnancy	16 months (including pregnancy period)		Hot inside of body and cause miscarriage and early delivery
Chilli	Avoid	After birth	7 months after delivery	Burn	
Chinese potatoes, sweet potatoes, radish, carrot, ground nuts	Avoid	5 days after delivery	7 months after delivery		Numb
Coccinia plant	Avoid	5 days after delivery	5th month after delivery		Numb
Coconut	Avoid	After birth	7 months after delivery		Afraid of leprosy
Coconut flesh	Avoid	After birth	7 months after delivery		Afraid of leprosy
Coconut flesh	Avoid	Start of pregnancy	9th month after delivery		Can cause leprosy
Coconut milk/ flesh	Avoid	Start of pregnancy	Pregnancy 9th month	Can cause miscarriage during early months of pregnancy	Difficulty giving birth
Conima leaves	Avoid	5 days after delivery	8th month after delivery		Problems for eyesight, numbness
Croaker (fish)	Avoid	5 days after delivery	5-6th month after delivery		Leprosy, numbness
Croaker (fish)	Avoid	After birth	7 months after delivery		Afraid of leprosy
Dry shrimp powder	Avoid	Just after delivery	7 months after delivery		Suffer from stiffness
Egg plants (kayankyautthee)	Avoid	5 days after delivery	2-3th month after delivery	Coughing and stomach ache	
Fish	Avoid	During confinement period	7 months after delivery		Leprosy
Flying termites	Avoid	After birth	7 months after delivery		Afraid of leprosy
Fermented bamboo shoots	Avoid	After birth	7 months after delivery		Can cause leprosy
Fermented vegetables	Avoid	After birth	1st month after delivery	Slimy	Coughing
Fermented vegetables	Avoid	5 days after delivery	2-3th month after delivery		Leprosy, numbness
Fresh fish	Avoid	After birth	7 months after delivery		Numbness

Frog	Avoid	Start of pregnancy	7 months after delivery	Can cause miscarriage during early months of pregnancy	Feel hot at back
Frog	Avoid	5 days after delivery	2-3th month after delivery		Numbness
Frog meat	Avoid	After birth	7 months after delivery		Afraid of leprosy
Frog/Animals (which live under the ground)	Avoid	Start of pregnancy	6 months		Have leprosy (Thaw Nu Thar Nu)
Ginger	Avoid		Until birth	Burn head and back	Miscarriage
Ginger	Avoid	Start of pregnancy	Until birth	Burn	Miscarriage
Ginger	Avoid	After birth	One month old		Not good for health
Ginger	Avoid	Start of pregnancy	16 months (including pregnancy period)	Child born disabled	
Gourd and it's leaves	Avoid	5 days after delivery	8-9th month after delivery	Catch a cold	Catch cold
Ground nut oil, sesame oil,	Avoid	After birth	10days-1st month after delivery	Cough	Coughing
Hilsa	Avoid	After birth	7 months after delivery		Afraid of leprosy
Honey	Avoid	During confinement period	7 months after delivery		Leprosy
Jaggery (old)	Avoid	5 days after delivery	7 months after delivery		Stiffness in the neck or back
Jaggery with (Nan Phat)	Avoid	5 days after delivery	7 months after delivery		Leprosy, problems to eyesight
Kadat leaf	Avoid	5 days after delivery	4-5th month after delivery		Problems to eyesight, stiffness in the neck or back
Kadatt leave	Avoid		4-5th month	Not nutritious	Miscarriage
Leprosy foods	Avoid	After birth	7 months after delivery		Afraid of leprosy
Mango	Avoid	Start of pregnancy	4-5th month after delivery	Feel hot at back and head	
Mayanthee	Avoid	5 days after delivery	4-5th month after delivery		Numbness

Mushroom	Avoid	After birth	8-9th month after delivery		Numbness, pain
Mushroom	Avoid	After birth	Child 8th month		Afraid of leprosy
Neem leave	Avoid	5 days after delivery	1 year after delivery	Stiffness in the neck or back	
Oily foods (cooking oil and oil from pork)	Avoid	Always		Bone and joint pain	Fatigue / 'Naung'
Own sheet thee	Avoid	Start of pregnancy	7-8th month after delivery	Can cause miscarriage during early months of pregnancy	Stiffness, high blood pressure
Papaya	Avoid	3rd month of pregnancy		Can cause miscarriage during early months of pregnancy	High in blood pressure
Potato/ Foods which get from underground	Avoid	Start of pregnancy	6 months		Be swollen
Potatoes	Avoid	After birth	4-5th month after delivery	Stiffness in back or neck	Gynaecological problems
Pumpkin	Avoid	5 days after delivery	8-9th month after delivery	Catch a cold	Catch cold
Roasted Chicken	Avoid	After birth	10 months		Thwe Nu Thar Nu / smell of burning or frying and can make mother die
Roasted Pork	Avoid	After birth	10 months		Thwe Nu Thar Nu / smell of burning or frying and can make mother die
Roselle	Avoid	After birth	7 months after delivery		Numb feet
Roselle	Avoid	After birth	7-8th month after delivery		Stiffness in back or neck
Roselle	Avoid	5 days after delivery	7th month after delivery		
Roselle, bamboo shoots	Avoid	After birth	Child 7th month		Numb feet
Salty food	Avoid	After birth	2/3 months		Cause high blood pressure
Sesame	Avoid	5 days after delivery	7th month after delivery		Leprosy, blurred vision,

					gynaecological problem
Shot headed catfish	Avoid	After birth	Child 7th month		Afraid of leprosy
Tamarine	Avoid	5 days after delivery	5-6th month after delivery		Numbness
Tamarine leave	Avoid	5 days after delivery	3-4th month after delivery		Numbness
Toad	Avoid	During confinement period	7 months after delivery		Leprosy
Tomatoes	Avoid	5 days after delivery	2-3th month after delivery	Cough and defecating	
Watermelon/ gourd	Avoid	5 days after delivery	8-9th month after delivery	Catch a cold	Catch cold
Aloe	Eat	After birth	7 days after delivery		To increase breast milk
Aloe	Eat	After birth	7 days		Gynaecological problems
Aloe + pork	Eat	After birth	7 days		Encourage taste to eat more rice. Control blood and have regular bowel movements.
Aloe vera and ginger	Eat	After birth	One month old		No stiffness, no constipation
Aloe vera	Eat	During confinement period	7 days after delivery		Increase milk production
Baked salt + tumeric	Eat	After birth	7 days		Control diabetics / control blood (Thwe Htain/Lay Htain)
Bamboo leaves and some bitter root	Eat	During confinement period	7 days after delivery		Increase milk and no dizziness
Bamboo shot, concinna leaves, roselle	Eat	After birth	7 months old		Cause numbness, postpartum disorders
Banana	Eat	8 months of pregnancy	Until birth		Nutritious
Banana/Apple	Eat	Start of pregnancy	10 months	Give energy for child	Easy to have delivery and to have resistance
Bean (chick pea, pare zeekwet, pare loon,	Eat	3rd/4th month of pregnancy	8th month	Energy/ growth	Energy / strength

seasonal bean)					
Bean	Eat	Start of pregnancy	Until birth		Energy, easy to deliver
Bean	Eat	8 months of pregnancy	Until birth		Nutritious, avoid constipation
Bean	Eat	After birth	9/10 months	Gives energy to child	Give energy for mother
Bean paste (before)	Eat	After birth	7 days		Gynaecological problems
Bean paste (pon yae kyi)	Eat	Just after delivery	7 days after delivery		To increase breast milk
Bean sprout	Eat	Start of pregnancy	Until birth		Energy, easy to deliver
Bean sprout	Eat	8 months of pregnancy	Until birth		Nutritious
Beef	Eat	Start of pregnancy	10 months		Gives energy for mother
Beef	Eat	8 months of pregnancy	Until birth		Nutritious
Bitter roselle	Eat	After birth	9/10 months		Ease stomach aches
Calcium	Eat	Just after delivery	7 days after delivery		To increase breast milk
Carrot	Eat	During pregnancy			Good for eyes
Chick pea	Eat			Energy, growth	
Chicken + rice soup	Eat	Just after delivery	7 days after delivery		To increase breast milk
Cotton leave	Eat	Just after delivery	7 days after delivery		To increase breast milk
Daik Hto Leaf	Eat	Just after birth	7 days after delivery		To increase breast milk
Dill seed	Eat	Just after birth	7 days after delivery		To increase breast milk
Dill seed + cotton leave + kha saung + baked root	Eat	After birth	2-3 days		Increase of breast milk
Dried fish	Eat	After birth	9/10 months	Gives energy to child	Give energy for mother
Dried fish (Ngar Yant)	Eat	After birth	One month old		Good for mother
Eggs	Eat	Start of pregnancy	Until birth		Energy, easy to deliver
Eggs	Eat	Start of pregnancy	Until birth	Nutritious	Nutritious
Ginger like herb	Eat	During confinement period	7 days after birth		No stiffness
Honey	Eat	Start of pregnancy	10 months	Give energy for	



				child in the womb	
Jaggery, brown slab-sugar	Eat	Always		Healthy, difficulty urinating	Problems urinating
Lablab bean	Eat	Pregnancy	Before birth	Energy, growth	
Lady finger	Eat	Start of pregnancy	Until birth		Energy, good eyesight
Obimin	Eat	Start of pregnancy			Energy
Oil +salt+ rice (before)	Eat	After birth	1 day		The other foods can cause leprosy, gynaecological problem and blurred vision
Potato, tamarind	Eat	After birth	7 months old		Cause numbness, postpartum disorders
Potatoes	Eat	Start of pregnancy	Until birth		Energy, easy to deliver
Quaker Oat	Eat	Start of pregnancy	Until birth	Nutritious	Nutritious
Rice mixed with oil + dried banded sanke head	Eat	After birth	7 days		It's OK to eat and healthy according to traditional practice
Stem of red Roselle + Cow's chest bone/ Cow's tail	Eat	After birth	2/3 months	Filling for child	To have breastmilk
Sweet potatoes	Eat	Start of pregnancy			Growth
Tail of cow/ back bones	Eat	Just after delivery	7 days after delivery		To increase breast milk
Tamarine, tomatoes, corn, tamarine leave, watercress	Eat	Always		Prevent diseases	
Tomato	Eat	During confinement period	7 days after birth		Good vision, no stiffness, no postpartum disorders
Tomato	Eat	Start of pregnancy	10 months	Nutritious	Nutritious
Tomato	Eat	After birth	9/10 months	Gives energy for child	Give energy for mother
Tumeric	Eat	After birth	7 months after delivery		Not to cause gynaecological problem
Turmeric and salt	Eat	During confinement period	7 days after birth		Regulate blood and gas
Watercress	Eat	4-5 months	Until birth	Energy	Energy
Watercress	Eat	8 months of	Until birth		Nutritious

		pregnancy			
Yum Yum(ready made noodle)	Eat	Just after delivery	7 days after delivery		To increase breast milk
<b>For Infants</b>					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Bean	Avoid	6 months	11 months	Diarrhoea	
Beef	Avoid	6 months	One and half year	Can cause herpes	
Bitter gourd	Avoid	Since birth	3 years old	Child doesn't eat and stiffness in the neck and back	
Chicken	Avoid	6 months	One and half year	Can cause herpes	
Chilli	Avoid	Since birth	Around 3 years	Stomach ache	
Chilli	Avoid	1 year old	3 years old	Don't give when the child refuses	
Coconut flesh	Avoid	Since birth	Until now	Afraid of choking	
Honey	Avoid	Since birth	8th month	Child suffers stiffness in the neck and back	
Mango	Avoid	6 months	11 months	Diarrhoea	
No water	Avoid	Since birth	6 months		
Pork	Avoid	6 months	One and half year	Child is so soft and it can cause Mae' Ka Yu (Kind of Moles)	
Rice, oil and salt	Avoid	Since birth	6 months	Nutritious, tolerant to mosquito bites and kitchen smells	
Watercress, bean sprout, dry fishes	Avoid	6 months	1 year	Afraid of choking	
Biscuits + water	Eat	Around 6 months			
Boiled egg	Eat	6 months	11 months	Nutritious	
Breadmilk/condensed milk	Eat	Since birth	Up to 2 years / until		

			mother get next baby		
Breastmilk	Eat	Since birth	6 months		Mothers' sanitation practice can cause diarrhea and stomach ache
Breastmilk	Eat	Since birth	6 months	Nutritious	
Chicken	Eat	6 months	1 year		
Dried banded snake head	Eat	6 months	1/2 years	Suitable for child and give energy for child	
Dried banded snake head	Eat	1 year	Current	It's OK for child (Feed the same as what we eat when they grow up)	
Dried beef	Eat	1 year	Current	It's OK for child (Feed the same as what we eat when they grow up)	
Dried fish	Eat	6 months	11 months	Nutritious	
Egg	Eat	6 months	1/2 years	Suitable for child and gives energy	
Egg	Eat	1 year	Current	It's OK for child (Feed the same as what we eat when they grow up)	
Colostrum	Eat	Since birth	6 months		Better relation between children and mother
Honey + salt	Eat	Since birth	over 8 month	Cures cough	
Horlick	Eat	Since birth	Up to one and half year	No breastmilk from mother	
Meat and fish	Eat	6 months	11 months	Nutritious	
Oil+salt+rice	Eat	6 months	1 year	Nutritious	
Ovaltine/ Quaker oat	Eat	6 months	6 months	Energy	
Pork	Eat	6 months	1 year	When meat is bought for the family	

Quaker oats	Eat	1 month	1 year		No breastmilk
Quaker oats	Eat	6 months	1 year	Nutritious	
Rice + oil	Eat	6 months	8th month		
Rice juice (liquid from intial cooking of rice)	Eat	1 year old	2 years old		Energy, numbness cured
Rice mixed with oil	Eat	6 months	1/2 years	Suitable for child and gives energy	
Water	Eat	5/6/2 month		Hot, child thirsty	
Water	Eat	1 month	6 months	Worry about child's thirsty	
Water	Eat	Minutes after birth		Because baby cry/ No breastmilk Feed water to stop child crying	
Water droplets	Eat	Since birth	6 months	Make buccal caviity wet	

**LOCATION 4: MITE PIN GONE, DRY**

For Mothers					
Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Bamboo shoot	Avoid	After birth	4/5 months		It's from the underground and it can cause gynaecological problems (mee yat kaing)
Bamboo shoot & mushroom	Avoid	After birth	3 years		It cause gynaecological problems / no breastmilk/ muscle pain
Bamboo shoots	Avoid	Start of pregnancy	1 year after deliver	Hot, defecating	Gynaecological problems
Bamboo shoot	Avoid	4 or 5th month of pregnancy	3 months old	Heat exhaustion	Abdominal pain
Bamboo shoot, potato, ripe tamarind	Avoid	During confinement period (7 days)		Chest congestion	Chest congestion
Banana	Avoid	Confinement period	4 or 5 months old	Chest congestion	Chest congestion
Bitter gourd	Avoid	Start of pregnancy			Stiffness in the neck or back, high blood pressure, dizziness
Bitter gourd	Avoid	Start of pregnancy	2 years old	Stiffness	Stiffness
Bitter gourd	Avoid	2nd or 3rd month of pregnancy	Until birth	Stiffness/ hypertension	
Chicken	Avoid			Not available	
Chilli	Avoid	8th or 9th month of pregnancy	3 months old	Heat exhaustion	Abdominal pain
Chilli	Avoid	2nd or 3rd month of pregnancy	Until birth	Heat exhaustion	Heat exhaustion
Chilli	Avoid	Start of pregnancy	10 months	It's hot and child can get burn	
Chilli	Avoid	Start of pregnancy	3-4 month	Difficult to urinate, lump	
Concinna	Avoid	5th or 6th month		Stiffness	Stiffness

		of pregnancy			
Djenkol bean	Avoid	Start of pregnancy	2 years old	Stiffness	
Djenkol bean	Avoid	Start of pregnancy	2 years after deliver		Stiffness in the neck or back, effect to kidney, be constipated
Dry shrimp	Avoid	After birth			High blood pressure, dizziness
Egg	Avoid	Confinement	3 months old	Constipation	
Eggs (duck eggs)	Avoid	Start of pregnancy	Birth	Don't eat after delivery as child has bad bowels	
Fermented bean	Avoid	After birth	6-7 month	Cough, sickness, stiffness	Cough, sickness, stiffness
Fermented vegetables	Avoid	After birth	4-5 month	Cough, stiffness, slimy	Cough, stiffness, slimy
Fruit, mango and papaya	Avoid	Confinement period	2 or 3 months old	Diarrhea	
Galingale	Avoid	After birth	Until stop breastfeeding		Gynaecological problems
Ginger	Avoid	2nd or 3rd month of pregnancy	Until birth	Heat exhaustion	Heat exhaustion
Gourd	Avoid	After confinement period (7 days)	One month old		Cold food
Mouse	Avoid	After birth	Until stop breastfeeding		Gynaecological problems
Mushroom	Avoid	After birth	3 years after delivery		Gynaecological problems, ka tone ka yin, loose hair
Mushroom	Avoid	After birth	3 years old		Postpartum disorders
Mushroom	Avoid	After birth	3 years old		It's from the underground and it can cause gynaecological problems (mee yat kaing)
Nga batt thar	Avoid	After birth	2 years after delivery and until stop breastfeeding		Poison, dead
Pork	Avoid	Start of pregnancy			Stiffness in the neck or back, high blood pressure, dizziness
Pork	Avoid	Start of pregnancy	Until the end of	Chest congestion	Hypertension, chest congestion

			confinement period		
Pork	Avoid	After confinement period (7 days)	One month old		Postnatal diarrhoea
Potatoes	Avoid	After birth	6 months after delivery		Gynaecological problems
Roselle	Avoid	Confinement period	4 or 5 months old	Heat exhaustion	Stiffness
Rosselle/calabash leave	Avoid	After birth	Up to 4 months	It causes child suffering stiffness in the chest and can't take breastmilk	
Salty food	Avoid	Start of pregnancy	Until giving birth	Hypertension	
Spinach	Avoid	Confinement period	4 or 5 months old		Stiffness, postpartum disorders
Sweet potatoes	Avoid	After birth	2-3th months after deliver	Defecating	
Tamarind	Avoid	After birth		Chest congestion	Diarrhoea deadly, postpartum disorders
Tamarind	Avoid	After birth	Child stop breastfeeding	Chest congestion	
Torpedo	Avoid	After birth	4 or 5 months old		Causes leprosy
Undergroud things, potato, sweet potato, chinese potato, toad, mouse	Avoid	Confinement period	4 or 5 months old	Chest congestion	Numbness, swollen limbs, postpartum disorders
Watermelon	Avoid	After confinement period (7 days)	One month old		Cold food
Aloe vera and rice soup with garlic, fennel seed	Eat	During confinement period (7 days)			Increase milk production
Apple	Eat	Start of pregnancy			
Bamboo leave and rice soup	Eat	During confinement period (7 days)			Prevent dizziness, increase milk production

Banana	Eat	Start of pregnancy	Near delivery		Energy, easy to give birth
Banana, beef, watercress, papaya, cereal oats, beans	Eat			Nutritious	Nutritious
Beef	Eat	During confinement period		Healthy	Healthy
Beef	Eat	Start of pregnancy	2 to 3 months after birth	Gives energy to child	
Beef	Eat	After birth	2 months	More breastmilk and makes the child strong	It's ok to eat and makes mother healthy
Beef/pork	Eat	3rd month of pregnancy	Until birth	Good for blood	Good for blood and fill energy
Boiled water	Eat	After confinement period (7 days)			Discharge dead blood cell and sweating
Calabash	Eat	During confinement period		Healthy	Healthy
Chicken	Eat	After birth	2/3 months	Child growth	Produce more breastmilk
Coconut flesh	Eat	When it close to due date			Energy, easy to give birth
Condensed milk	Eat	Start of pregnancy	Birth	Slimy in the chest	Energy
Cow caudal bone soup	Eat	When milk is not easily produced			For milk production
Damson	Eat	Start of pregnancy			
Dried beef/ dried fish	Eat	During confinement period (7 days)		Good for blood	Good for blood and gives energy
Dried fish	Eat	During confinement period		Healthy	Healthy
Dried fish	Eat	3rd month of pregnancy	Until birth		Gain appetite



Drumstick soup	Eat	During confinement period (7 days)			Encourages sweating
Dry blanded snake head fish	Eat	After birth	7 days after delivery		
Egg	Eat	After birth	2/3 months	Child growth	Give energy for mother
Egg/ fried egg	Eat	3rd month of pregnancy	Until birth	Prevent flatulence	
Folic acid pill	Eat			For child to grow	
Gourd leaves, pumpkin leaves, drumstich leaves	Eat	2nd or 3rd month of pregnancy	Until birth		Nutritious and have regular movements
Guava	Eat	Start of pregnancy			
Hin kar (fennel leaf, cotton leaf soup)	Eat	After birth	3rd day after birth		Increase breast milk
Iron supplement	Eat	Start of pregnancy			
Mangoes	Eat	Start of pregnancy			
Medicine for multiply breast milk	Eat	After birth			Midwife asked to take
Nutritious cereal drink (queqar) plus snack	Eat	Start of pregnancy	10 months		To have energy
Nutritious cereal drink (queqar) plus thazin snack	Eat	After birth	2 months	Produces more breastmilk and makes child strong	It's ok to eat and mother healthy
Oil and rice	Eat	During confinement period (7 days)			
Pork	Eat	After birth	2/3 months	Child growth	Give more breastmilk
Rice+wah leave/aloe	Eat	After birth	7 days		Produce more breastmilk
Roasted salt and turmeric	Eat	After confinement period (7 days)	One month old		Discharge dead blood cell and sweltering
Roselle	Eat	After birth	Seasonally available		Produce more breastmilk
Roselle	Eat	2nd or 3rd month of pregnancy	Until birth		Nutritious and have regular movement

Shark (energy drink)	Eat	Start of pregnancy			
Short-headed catfish/sturgeon	Eat	By chance during pregnancy		It's nutritious for child	
Soap acacia leave	Eat	Start of pregnancy			
Soap acacia leaves	Eat	Before birth			Produce more breastmilk
Tomato	Eat	2nd or 3rd month of pregnancy	Until birth		Nutritious and have regular movement
Tomato curry	Eat	During confinement period (7 days)		Good for blood	Good for blood and energy
Tomato meal	Eat	After birth	7 days		It gives energy and it's ok to eat.
Tomatoes	Eat	During confinement period		Healthy	Healthy
Tomatoes (cook)	Eat	After birth	Twice per week		Nothing happens
Watercress	Eat	Confinement period		Healthy	Healthy
Watercress	Eat	2nd or 3rd month of pregnancy	Until birth		Nutritious and have regular movement

### For Infants

Type of food	Eat/Avoid	Period		Why?	
		From	To	For child	For mother
Chilli, ginger	Avoid	6 months	11 months	Burn urine and flatulence	
Chilli	Avoid	6 months	3 years	It made the child hot	
Coffee mix	Avoid	6 months	4 to 5 years		Chest congestion, excite, become thin
Egg/ duck egg	Avoid	1-3 months			Defecate, bad bowels
Guava	Avoid	1 year	Current	Cuase inhalation problem	
Limes and citrus	Avoid		Until stop		Breast milk go hard and die

			breastfeeding		
Meat	Avoid	6 months	1-1.5 years		Thrush
Quail	Avoid	1-3 months			
Roselle	Avoid		3 years old	Chest congestion	
Snack with sugar	Avoid	6 months	3 years	It made inhalation problem and the child couldn't have breastmilk	
Snacks with suger	Avoid	6 months	1-1.5 year		Congested in the chest, sick
Tamarind	Avoid	6 months	Breast feeding		Defecate, congested in the chest, sick
Vegetables	Avoid	6 months	Until child can eat himself/herself	Indigestible	
Watercress	Avoid		1 year old	Diarrheoa	
Banana	Eat	1 year	2 years old	Good for stomach and nutritious	
Banana	Eat	1 year	Current	It's nutritious and help child growth	
Beans	Eat	6 months	1 year old		
Beef	Eat	1 year	Current	It's nutritious and help child growth	
Beef, fried fish	Eat	6 months	1 year old		
Breastmilk	Eat	Since birth	2/3 years	Pity on child and not dare to stop breastfeeding and it help child to stop crying.	
Breast milk alone	Eat	Since birth	6th month		
Breastmilk	Eat	Since birth	6 months	Nutritious	
Chewing rice and feed	Eat	4 months		Child to be healthy	Support mother to give breastfeeding (means no need to feed a lot)
Early breastmilk	Eat	Since birth	2 years old		
Egg	Eat	6 months	1 year old		

Falafel, fried onion	Eat	1 year	2 years old	Give energy	
Fried eggs/ (duck) eggs	Eat	6 months			
Fried watercress, gourd leaves	Eat	1 year			
Fried fish fibre	Eat	1 year	2 years old	Strong bone and give energy	
Fruit	Eat	6 months	1 year old		
Honey	Eat	Since birth	6 months	Baby cry a lot	
Mango	Eat	1 year	Current	It's nutritious and help child growth	
Milk powder	Eat	Since birth			Mother have no breast milk to feed
Mustard seed, betel leaves, boiled water	Eat	1 year	2 years old	Feed when baby is sick	
Ovaltine	Eat	6 months			
Rice	Eat	6 months	1 year old		
Rice (smashed and well-cooked)	Eat	6 months			
Rice + rice juice (sparately prepare for child)	Eat	2-3rd month			Need to work
Rice + salt and oil	Eat	1 year	2 years old	Give energy	
Rice mixed with oil	Eat	6 months	3 years	To give energy and child to be healthy	
Rice, fried bean, groundnut	Eat	6 months	11 months	Nutritious	
Rice/nutrition powder	Eat	2 months	2 years	To make child stomach full and to have less breastfeeding	
Rice+oil+ salk	Eat	1 year			
Snack made of jaggery and rice.	Eat	1 year	2 years old	It's ok to eat	
Thazin biscuits	Eat	6 months			
Thazin snack	Eat	6 months	3 years	To give energy and child	

				to be healthy	
Traditional medicine	Eat	After confinement period (7 days to 1 month)	11 months	Prevent from child disease	
Water	Eat	5th month		Thirsty	
Water	Eat	After 6 months			
Water	Eat	2 months		Worry if the child is thirsty	
Water droplets	Eat	Since birth	6 months	To urinate more and have stronger eyesight	