

A baby receiving vitamin A in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Vitamin A

- Vitamin A huimarisha kinga ya mwili dhidi ya magonjwa mbali na kuwa muhimu kwa ukuaji wa mtoto
- Hakikisha kuwa mtoto wako amepata Vitamin A kila baada ya mwezi 6 kutoka umri wa miezi 6 hadi miaka 5. Vidonge vya Vitamin A vinapatikana kwenye kliniki iliyo karibu nawe bila malipo
- Vitamin A inapatikana pia kwenye maziwa ya mama, maini, samaki, maziwa na kwenye matunda ya rangi nyekundu na majano na kwenye mboga zenye majani ya rangi ya kijani kibichi, siagi na mayai



Malezi Bora

Afya Leo ni Uzima Kesho

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