

A man brings a live chicken to a pregnant woman about to prepare a nutritious meal: The Bauchi State Mothercare Project in Nigeria. Colour lithograph by Bauchi State Mothercare Project, ca. 1994.

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Lalle ne kici abinci masu gina jiki da kare cutuka. Sune kamar kifi, kaza, nama, ganye da 'ya 'yan itace irin su mangoro, lemo, ayaba da irin - irinsu sannan kuma da tuwo.

Wannan zai taimakeki ki samu lafiya da karfi lokacin nakuda da haifuwa. Haka kuma yaronki zai zama mai cikakkiyar lafiya.

