

A mother with her two young children beside a table of nutritious food containing vitamin A: preventing illness in children in Uganda. Colour lithograph by Ministry of Health, 2002.

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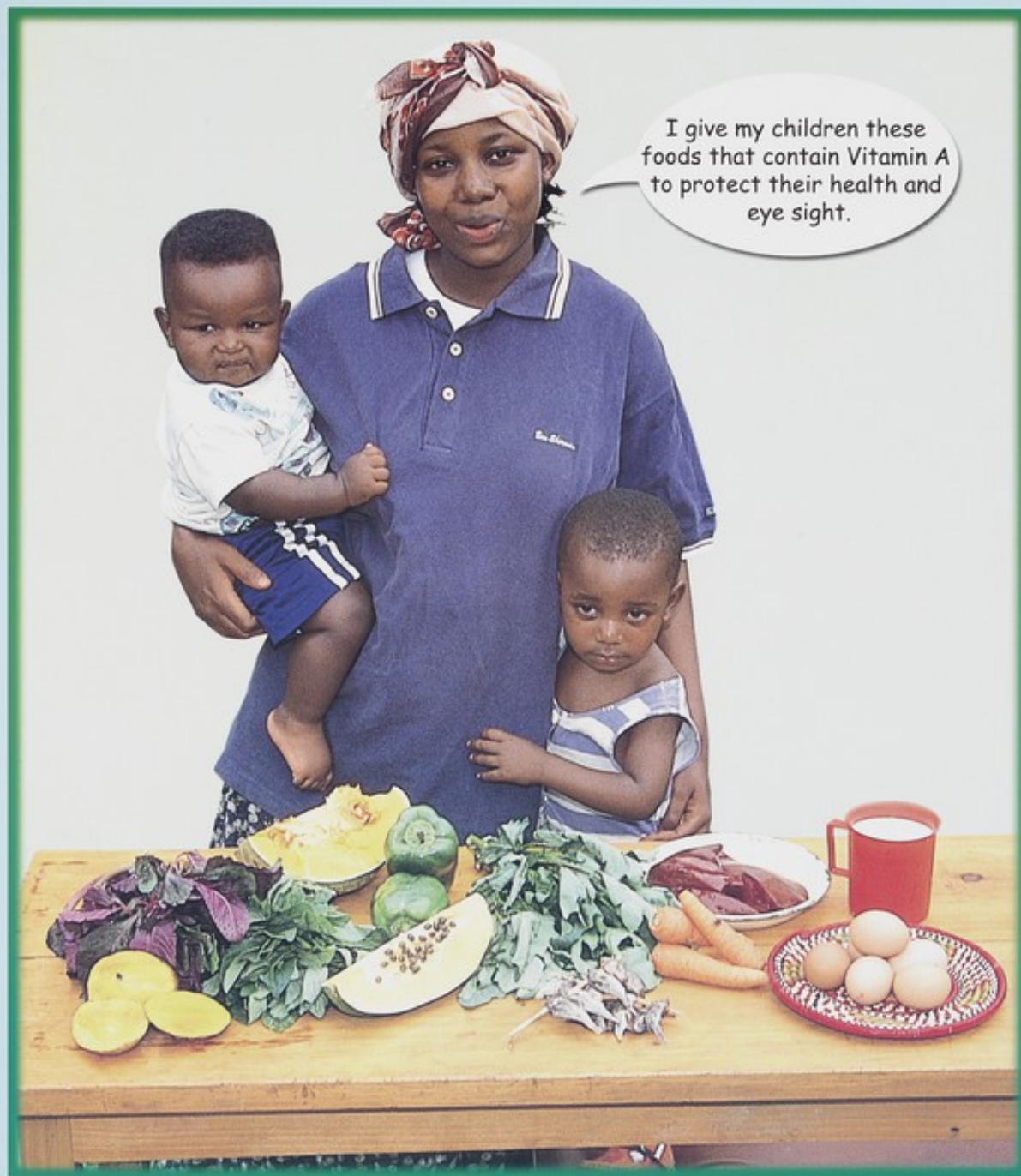
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TIPS ON PROTECTING CHILDREN FROM ILLNESS.

Clever Kate Says, protect your child's health by feeding him or her the following foods:



Eggs, enkejje, milk, liver, yellow/orange/green vegetables and fruits. These all contain Vitamin A.



I give my children these foods that contain Vitamin A to protect their health and eye sight.

• Add these Vitamin A rich foods to your child's usual foods.

