

## **Abstract**

Nutrition education materials can be used to aware the people about nutrition. Such materials are posters, leaflets, booklets, etc. Although several materials are available in Sri Lanka, nutrition related health problems are still major problems. Aim of this study was to analyze and compile the nutrition education materials published in Sri Lanka and get the community perception about nutrition education materials. Education materials and details of the perception about nutrition education materials of the community were collected. Education materials are collected from government and non-government organizations. Community perception about the education materials was collected from 105 pregnant and lactating mothers from MOH clinics in Jaffna. Among the collected materials 44% is leaflets and 35% is posters. Majority of materials (63.8%) are targeted to general public. Majority (66.7%) of the target group prefer to read posters. There is a significant different in the improvement of nutrition knowledge from posters among the age groups ( $p < 0.05$ ). The opinion of the target group that they prefer several posters available in the MOH clinics has the significant different among the age categories ( $p < 0.05$ ). Mostly published materials are leaflets and most of the materials are targeted to the general public and contain the information about the food base dietary guide lines. Most preferred materials by the pregnant and lactating mothers are posters. Improving knowledge from reading posters is affected by the age. Preference of the target group, that they prefer several posters available in the MOH clinics also affected by the age.

**Key words-** Nutrition education materials, compilation and nutrition education