

Week 3 Theme:

Nutrition Promotion for "Pregnant and Lactating Women"

What is the most important time for nutrition?

- The "1,000 days" between conception and the child's 2nd birthday is the period in which good nutrition can have an enormous impact on a child's ability to grow, learn and rise out of poverty.



Nutrition tips for Pregnant and Lactating Women:

- Increase food intake
- Consume a variety of micronutrient-rich foods (e.g. liver, eggs, dark orange and green vegetables and fruit, milk)
- Include iodized salt in the diet



What are some ways in which Food Security and Livelihoods Programs can promote nutrition for pregnant and lactating women?

- To maximize nutrition impacts, it is important to target pregnant and lactating women and children under 2 years of age.
- Collect data on the nutritional status and diets of women in target areas to inform program design.
- Promote the adoption of fuel-efficient stoves to save time for women.
- Educate fathers and other family members on maternal care and nutritional requirements of pregnant and lactating women.



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