

FOOD FOR THE FIRST 1000 DAYS

From the beginning of pregnancy to the child's 2nd birthday



Pregnant woman

FOLLOW A BALANCED DIET

Plenty of fruit and vegetables

A diversified diet gives you a good balance between the different food groups

Plenty of water and physical exercise

Avoid
Coffee, sweets, coke

No raw fish, meat and unpasteurised dairy products

No alcohol

Reduction risks of

- Gestational diabetes
- Overweight
- High blood pressure

Lactating woman

CONTINUE TO FOLLOW A WELL-BALANCED DIET

Continue to diversify the diet

Plenty of water

No alcohol

The benefits of breastfeeding

- Reduces the risk of breast and ovarian cancer
- Reinforces the maternal bond
- Economic

Fetus

Reduction risks of

- Stunting
- Overweight and gestational diabetes in adulthood
- Malnutrition

Baby under 6 months old

BREASTFEEDING ONLY

Recommendations

- Breastfeed on demand
- Vary breastfeeding positions
- Do not give any other food or drink

The benefits of breastfeeding

- Provides for all nutritional needs
- Reduces the risks of illness
- Stimulates cognitive and intellectual development
- Hygienic

Recommendations

- Breastfeed on demand
- Introduce all the food groups gradually
- Cook well the food
- Blend or crush the food at first, then in small pieces

Reduction risks of

- **Chronic malnutrition**
 - Stunting
 - Development delay
 - Eyesight problems
- **Acute malnutrition**
 - Wasting
 - Risk of illness
- **Overweight**
 - Obesity
 - Diabetes

No herbal tea or water

Baby from 6 to 24 months old

DIVERSIFICATION OF THE BABY'S DIET

Breastfeeding + Well-balanced diet

Recommendations

- Breastfeed on demand
- Introduce all the food groups gradually
- Cook well the food
- Blend or crush the food at first, then in small pieces

Reduction risks of

- **Chronic malnutrition**
 - Stunting
 - Development delay
 - Eyesight problems
- **Acute malnutrition**
 - Wasting
 - Risk of illness
- **Overweight**
 - Obesity
 - Diabetes

No sugary food, drinks or coffee/tea