

The 10 Building Blocks for Nutrition During the First 1,000 Days



1 A nutritious diet for mothers during pregnancy



6 A healthy and nutritious diet for babies and toddlers



2 Good care for all mothers during pregnancy



7 Water and other healthy beverages with no added sugars for toddlers



3 Exclusive breastfeeding for the first 6 months



8 The right knowledge and skills for parents and caregivers to properly nourish young children



4 Nurturing, responsive care and feeding of babies and toddlers



9 Consistent access to enough nutritious food for families of young children



5 The right foods introduced to babies at the right times



10 Societal investments in the well-being of every baby and toddler

To learn more download the full report at www.thousanddays.org