

BE SMART EAT FISH



A LITTLE FISH DOES A LOT OF GOOD



Secure Fisheries
Secure Futures



INDIAN OCEAN
COMMISSION



Funded by
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United Nations

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The first 1000 days of a baby's life, from conception to the second birthday, are crucial for healthy growth and development. During the first 1000 days a baby will grow and develop at a rapid rate. Getting the right nutrition can affect the baby's health and their brain development - not just now, but for their whole life.

Why is fish good for pregnant women and babies?

Fish is an excellent source of nutrition and contains the following:

Protein is needed for healthy muscle growth and healthy bones and is vital for normal brain development in babies. Rapid growth of the foetus during the 2nd and 3rd trimesters of pregnancy means that sufficient protein consumption by the mother is vital. During the final trimester, maternal protein intake is especially important for the growth of the foetal brain, so not getting enough protein during this time period can affect the mental functioning of the child.

Omega 3 fatty acids are essential for growth and development of the brain and eyes. Most brain development occurs in the first 1000 days so making sure that babies are getting enough is very important. Some fatty acids have also been linked to children's concentration, reading skills and behaviour.

Vitamin A improves eyesight and is important for healthy skin, immunity & reproductive health.

Vitamin B12 is vital for the formation of red blood cells and the metabolism of every cell in the body.

Vitamin D promotes calcium absorption for strong healthy bones and teeth and reduces the risk of premature birth. **Oily fish is one of the few dietary sources of vitamin D.**

Iodine is important for healthy growth of children and supports normal brain development.

Zinc is crucial for childhood survival; it reduces the duration and severity of diarrhoea and helps prevent stunting.

Iron increases maternal survival rates and supports brain development of the baby. From about 6 months of age iron in the baby's diet is important for growth and development, and to prevent iron deficiency anaemia.

Calcium helps to prevent pre-eclampsia and problem deliveries and is essential for strong bones and teeth.

Give your children fish for the best start in



This is an activity of the IOC-SmartFish programme, co-implemented by FAO

