

# Behaviors to Improve Nutrition



## DIET AND CARE DURING PREGNANCY

- Eat sufficient quantities of food at appropriate frequencies
- Eat a variety of safe, diverse, nutrient-rich foods for meals and snacks daily
- Complete a full course of quality antenatal care



## BREASTFEEDING

- Initiate breastfeeding within one hour after delivery
- Breastfeed exclusively for 6 months after birth
- Continue breastfeeding until children are at least 2 years old



## COMPLEMENTARY FEEDING FOR CHILDREN

- Feed with age-appropriate frequency, amount, and consistency
- Feed children 6–23 months old a variety of age-appropriate, safe, diverse nutrient-rich foods
- Prepare food and feed children hygienically
- Feed responsively



## FEEDING DURING AND FOLLOWING ILLNESS

- Ensure children continue to breastfeed and eat when ill
- Give recuperative feeding for 2 weeks after illness



## OTHER PREVENTIVE CARE

- Give infants and children under 2 years a full course of immunizations
- Track and promote growth and identify poor growth or growth faltering



## MANAGING DIARRHEA AND WASTING

- Manage diarrhea appropriately at the onset of symptoms
- Provide care for acute malnutrition (wasting) immediately

Adapted from ACCELERATE