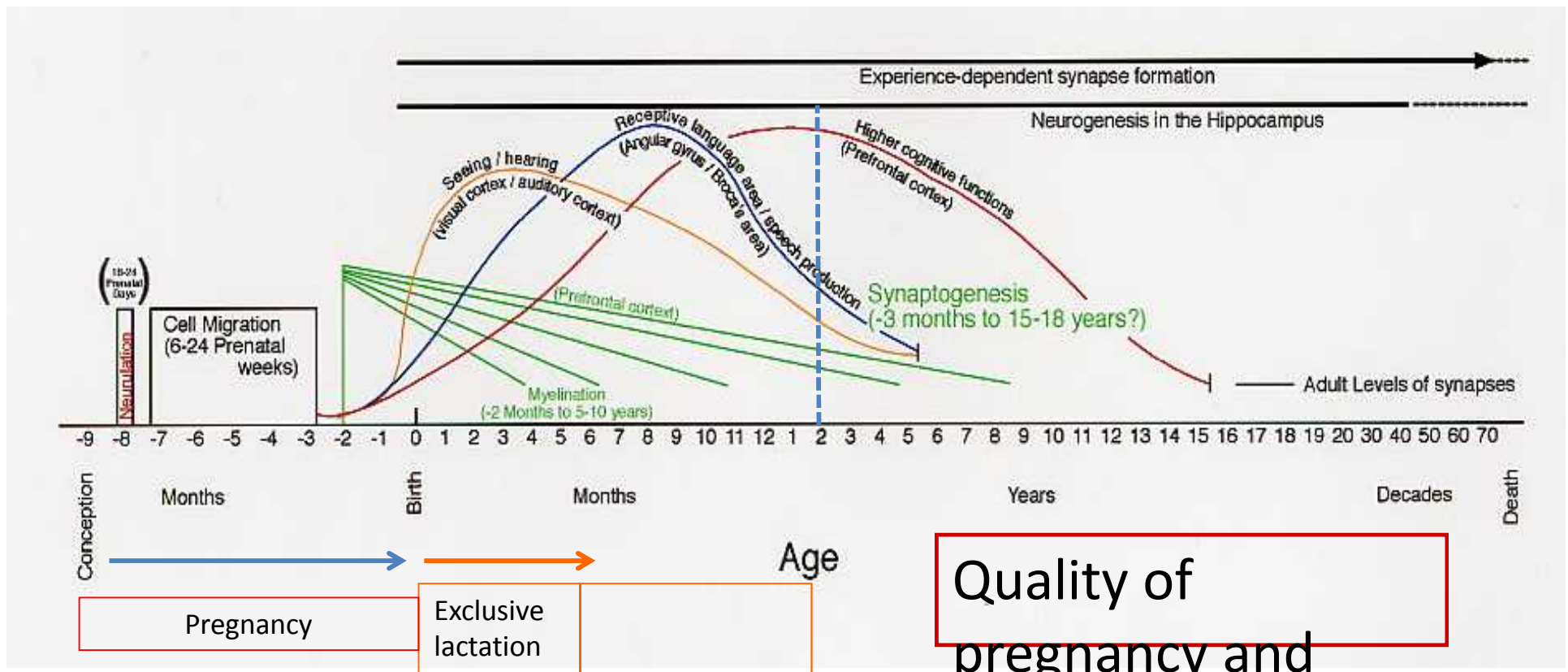


Half of the “1,000 Days” depends on the Mother’s Health



Taken from: Thompson, R. A., & Nelson, C. A. (2001). Developmental science and the media: Early brain development. *American Psychologist*, 56(1), 5-15.

Quality of pregnancy and breast-milk are essential.

Nutritional value of breast milk reflects mother's past and present diets

Type I Nutrients (dependent)				Type II Nutrients (independent; stored before)	
Vit. B ₁	Vit. B ₂	Vit. B ₆	Vit. B ₁₂	Sufficient	Insufficient?
Vitamin A and E		Vitamin D*		Folate, (Niacin)**	Iron
Iodine		Zinc, Selenium		Calcium	Copper

Notes:

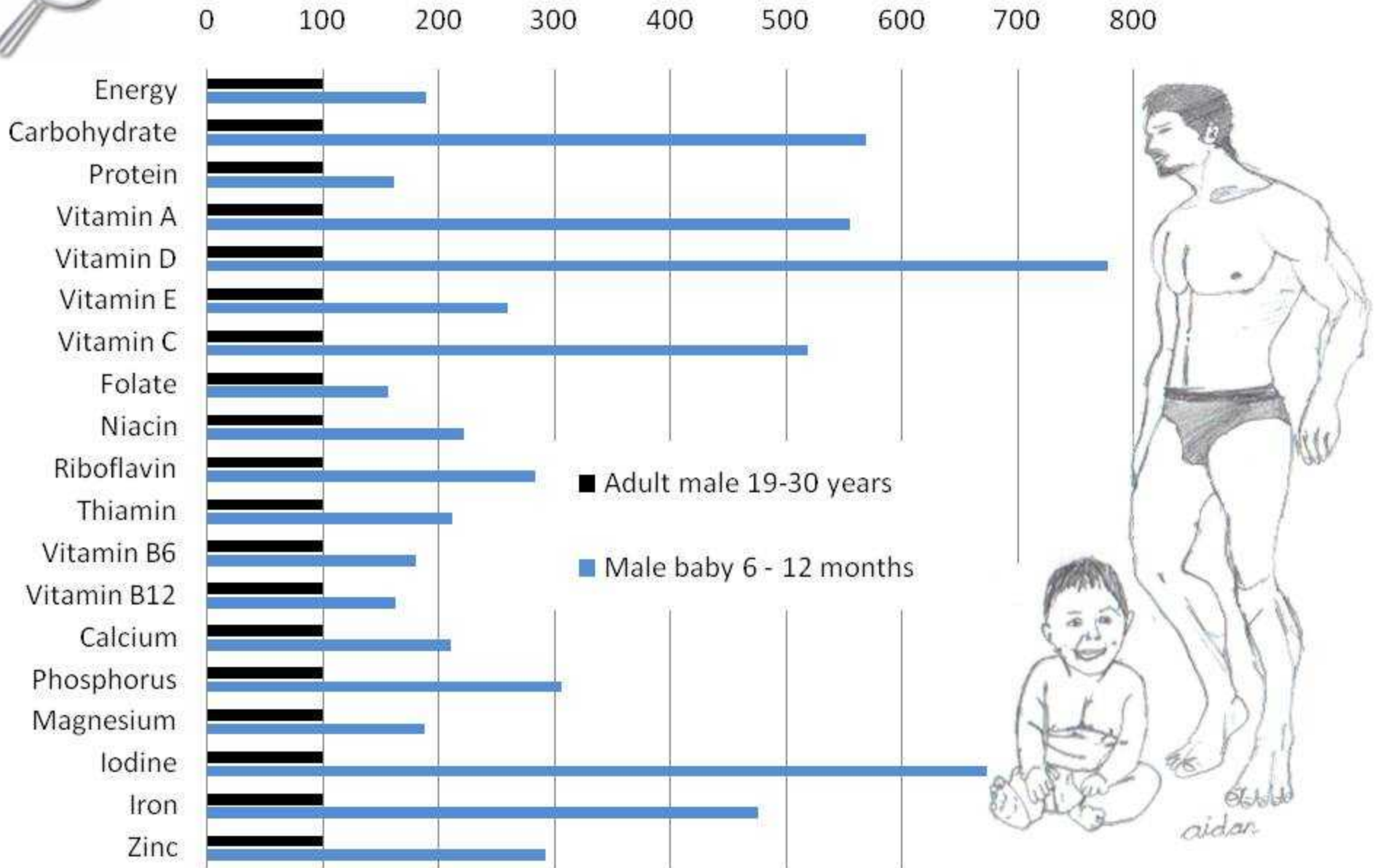
* It could be synthesized from a type of cholesterol and by exposure to sun light irradiation.

** It could be synthesized from one of the amino-acids in the proteins (tryptophan)

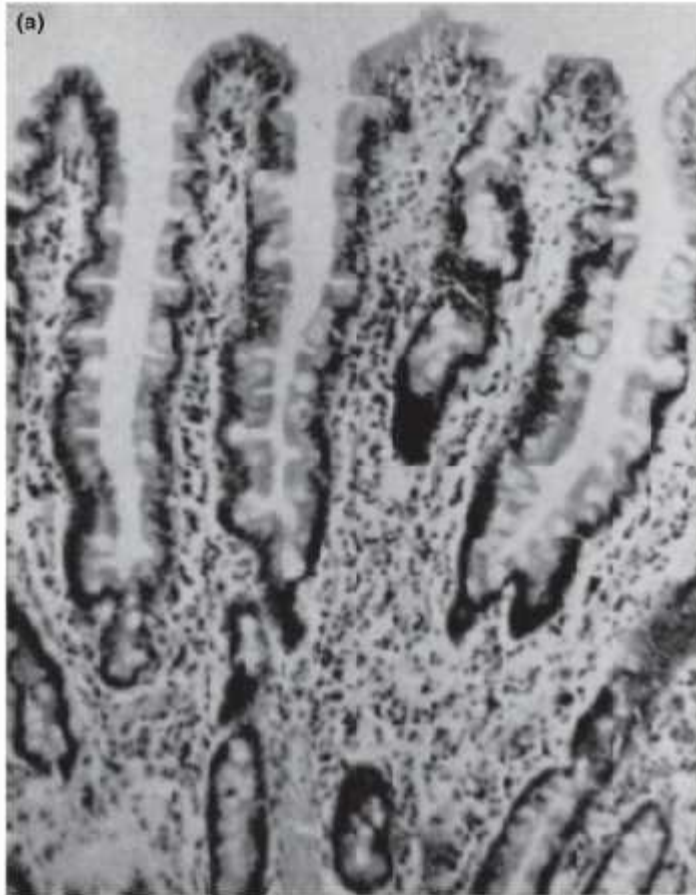
References: Allen LH, *Adv Nutr* 2012; **3**:362-369; and Allen LHGJ, In: Dealange FM WKJ (Ed). *Micronutrient deficiencies in the first months of life*. Basel: Karger Ag; 2003. pp 55-88.



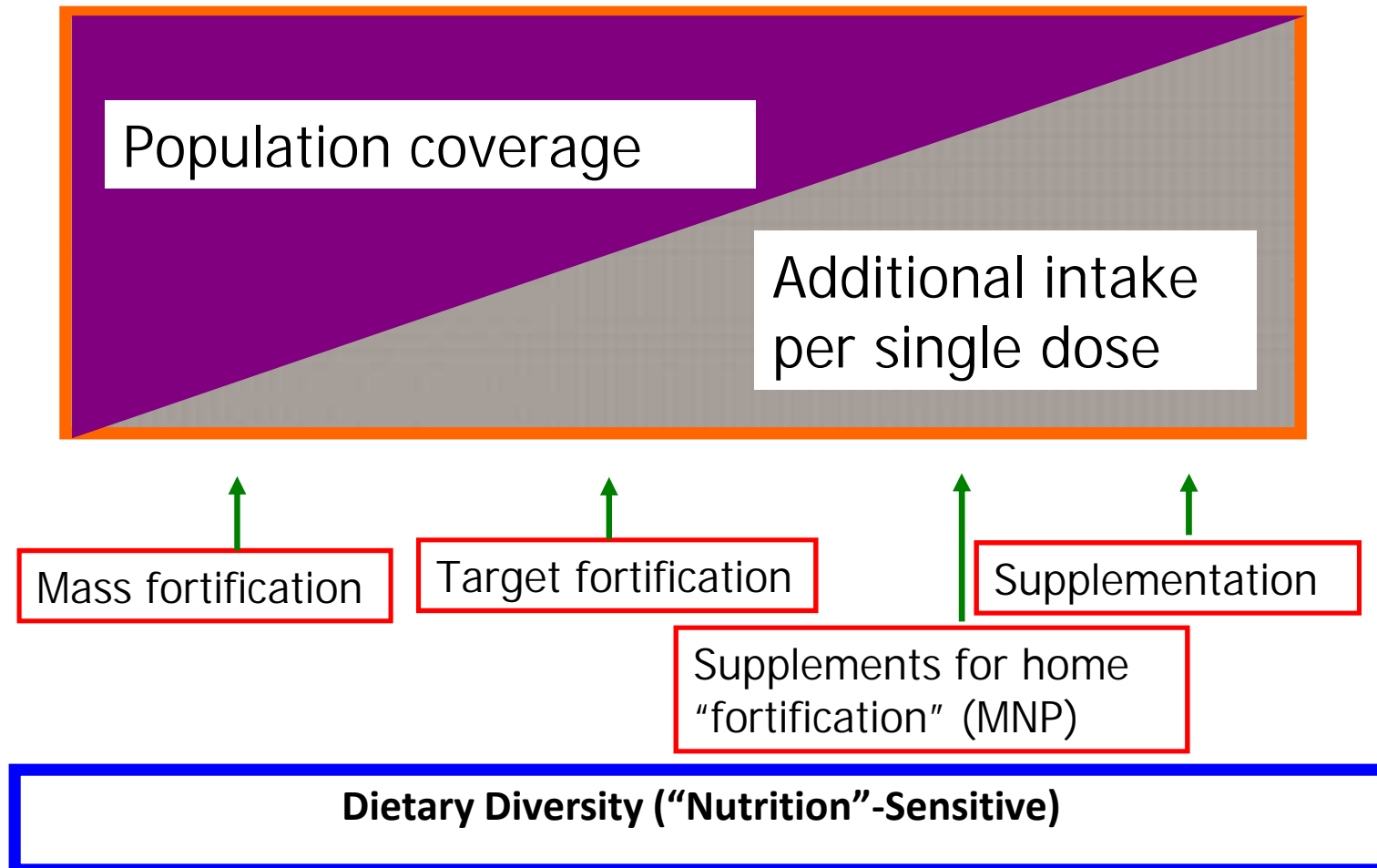
Comparative proportional nutrient requirement per unit body mass



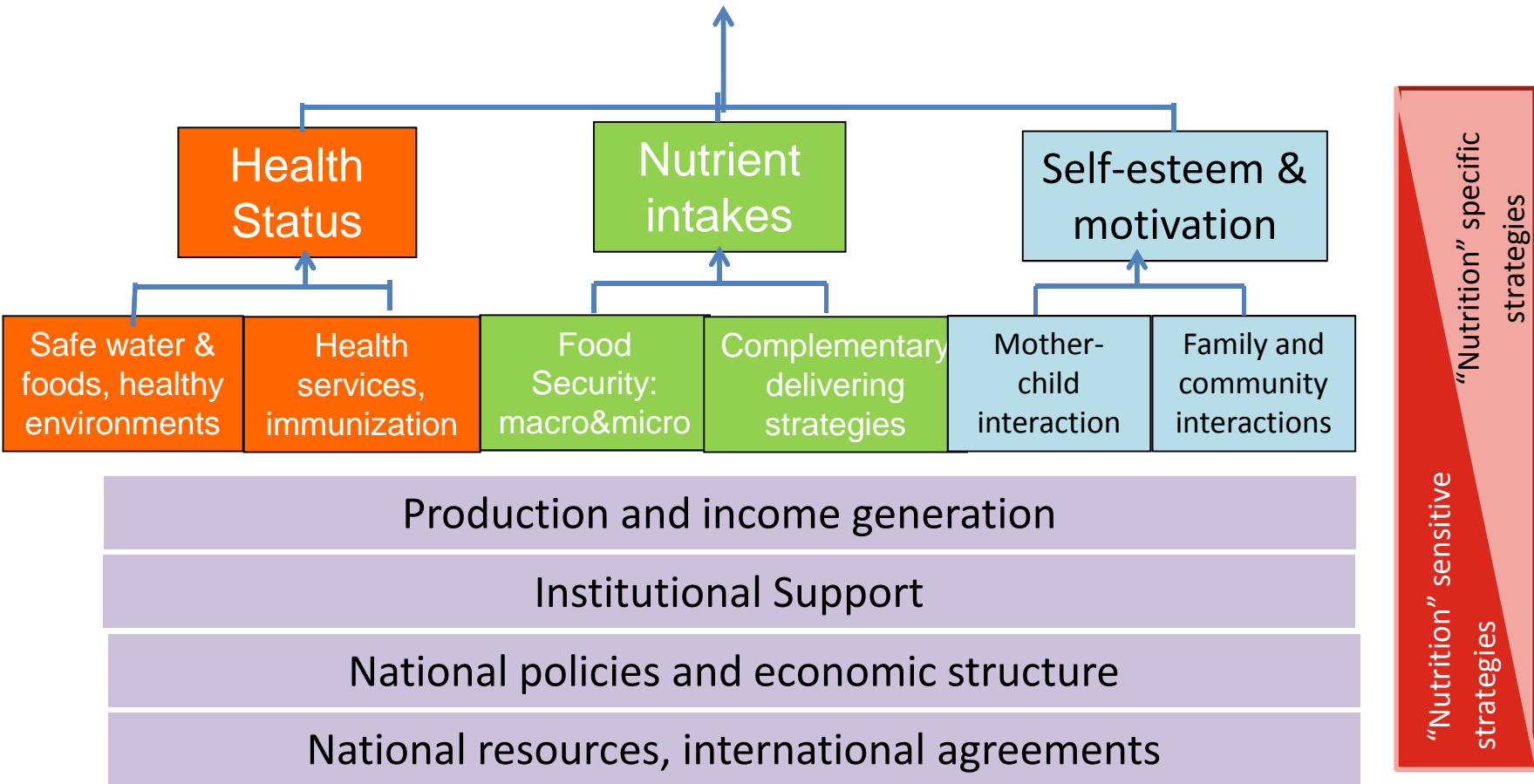
Source: Prof Sheryl Hendriks, University of Pretoria Institute for Food, Nutrition and Well-being with nutrient reference data from SOURCE: Adapted from the Dietary Reference Intakes series, National Academies Press: National Academies of Sciences, 2004.



Knowledge is universal, but the solutions are local



Causal Determinants for Physical, Mental and Social Development



Modified from: UNICEF, Strategies for improving nutrition in developing countries, 1990; and Ruel, 2008.