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

Quality of pregnancy and breast-milk are essential.

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

<table>
<thead>
<tr>
<th>Type I Nutrients (dependent)</th>
<th>Type II Nutrients (independent; stored before)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A and E</td>
<td>Vitamin D*</td>
</tr>
<tr>
<td>Iodine</td>
<td>Zinc, Selenium</td>
</tr>
</tbody>
</table>

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)

Comparative proportional nutrient requirement per unit body mass

- Energy
- Carbohydrate
- Protein
- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin C
- Folate
- Niacin
- Riboflavin
- Thiamin
- Vitamin B6
- Vitamin B12
- Calcium
- Phosphorus
- Magnesium
- Iodine
- Iron
- Zinc

- Adult male 19-30 years
- Male baby 6 - 12 months

Source: Prof Sheryl Hendriks, University of Pretoria Institute for Food, Nutrition and Well-being with nutrient reference data from
Knowledge is universal, but the solutions are local
Causal Determinants for Physical, Mental and Social Development