

Vegetable and fruit production along pond embankments (pond-dike cropping)

- Plant different types of colored (green, yellow, red) fruits and vegetables that are rich in vitamin A and Iron (e.g. squash, tomatoes, spinach, etc.) to support in improving dietary diversity especially for young children and women of reproductive age.

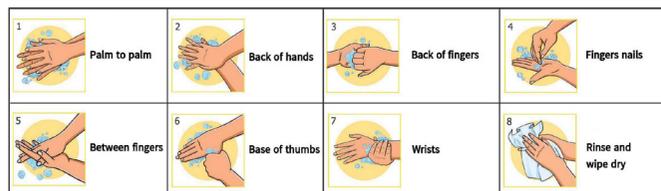
Keeping the environment clean

- Maintain cleanliness at home and the surrounding area by building improved latrines to prevent illnesses like diarrhoea that can lead to undernutrition and death, especially for infants and young children.

Proper Handwashing with soap and water

- It is important to wash hands with soap and water at 5 critical times/occasions; after going to the toilet, before preparing the food, after cleaning the child's bottom, before eating, before feeding the children/family to avoid illnesses like diarrhoea, typhoid, and cholera.

The right way to wash your hands



Good storage and Food handling

- Drinking safe water at all times avoid illnesses. Maintain clean and safe water by covering the container at all times.
- Use clean food containers and other kitchen utensils that are free from faeces, insects, animals, and pesticides that can harm health.
- Always cook food at correct time and temperature to kill harmful parasites that can pose health risks.

References

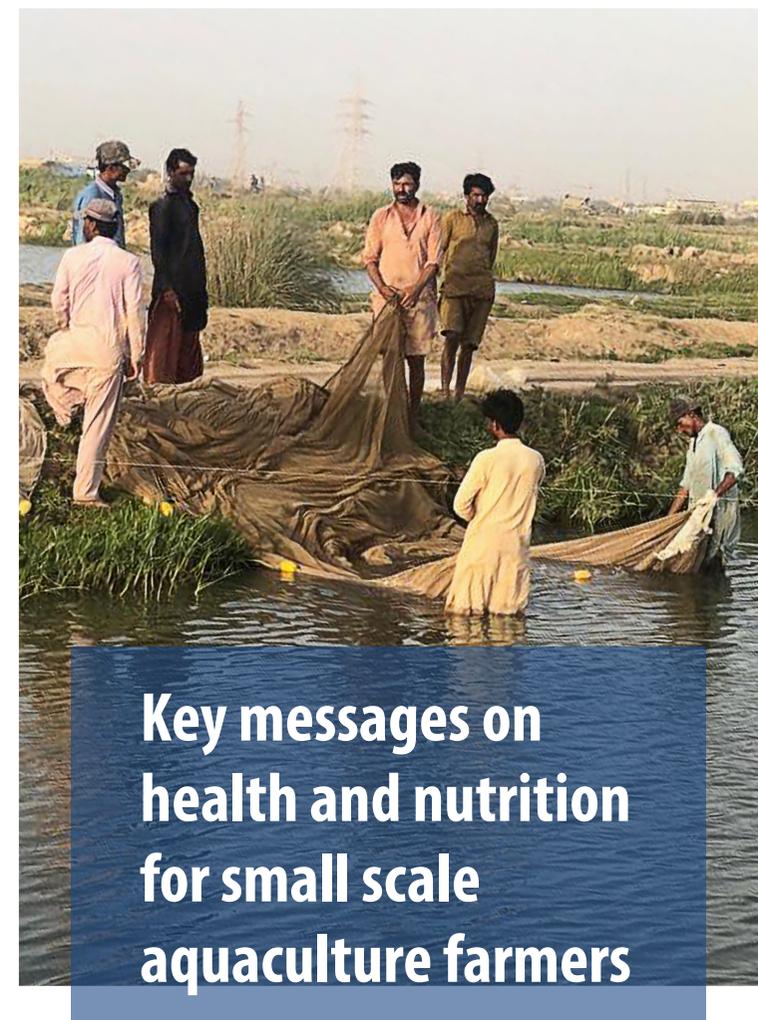
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Key messages on health and nutrition for small scale aquaculture farmers

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Exclusive Breastfeeding and Complementary Feeding

- Breastmilk is best for babies, and the only food that a baby needs from 0- to 6-month-old. When the baby reaches 6-month-old, it is time to feed complementary foods at the right frequency, quantity and quality.
- Family members can support women, helping with household chores like cooking and cleaning the house so they can breastfeed their baby.

Nutritional Value of Fish

- Nutrient rich small fish such as mola, swamp barb, lee-gur, Polli (when head and bones intact) has higher nutritional content and easy to divide among household members than large fish species, ensuring good nutrition for the whole family.
- Mothers, fathers and caregivers are encouraged to cook and prepare nutrient-rich small fish in different ways that are acceptable for young children.



Plate 3. Sardines is a good source of micronutrients and essential fatty acids.

First 1000 days of life- the critical period from conception until child reaches 2 years of age

- It is important to observe proper infant and young child feeding practices, visit clinics for antenatal care, bring infants for immunization, observe family planning, and consumption of diverse food, especially for women of reproductive age to break the cycle of malnutrition (see Figure 1); as it can be passed on from generation to generation.
- Fathers, grandparents and caregivers can all have an important role in supporting good nutrition for women during pregnancy, breastfeeding and feeding infants.

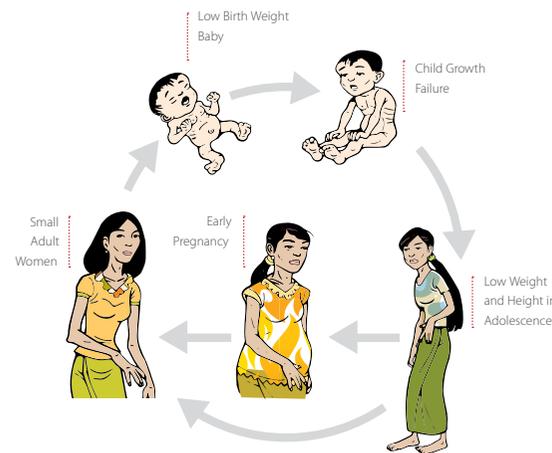


Figure 1. The intergenerational cycle of malnutrition.

- It is recommended to use iodized salt at appropriate amount in daily meals for child's physical growth, brain development and body functions and for pregnant women to prevent complications during pregnancy.



Plate 2. Use iodized salt in recommended amounts (2018)

Basic Food Groups

- Eating a variety of foods everyday helps in achieving good nutrition for the family. It is recommended that a plate has 1) cereals, 2) Meat and pulses (meats/eggs/pulses); (3) Dairy (milk and milk products); (4) Vegetables; (5) Fruits and (6) Fats and oils. Utilize cheap and available food (in season) that are rich in vitamins and minerals (fruits, vegetables, milk, eggs, fish) to ensure good health
- Nutrient-rich small fish (e.g. mola, swamp barb, lee-gur, Polli) when eaten whole (with head and bones) are good source of micronutrients such as vitamin A, iron, calcium, vitamin B12 good for child's growth and development.



Plate 1. A visual representation of a balanced meal in Pakistan (FAO, 2018)