

ACHIEVING GOOD NUTRITION DURING PREGNANCY

20%

OF STUNTING CAN BE ATTRIBUTED TO POOR GROWTH IN UTERO



IRON-FOLATE SUPPLEMENTATION

Iron reduces the risk of maternal anemia by **70%**.

Iron-Folate reduces the incidence of low birth-weight by **19%**



FOR A HEALTHY PREGNANCY AND HEALTHY NEWBORN PREGNANT WOMEN NEED MORE THAN IRON-FOLATE

MULTIPLE MICRONUTRIENT SUPPLEMENT



CALCIUM SUPPLEMENT



ENSURE AN ADEQUATE INTAKE OF PROTEIN



MULTIPLE MICRONUTRIENTS

USING MULTIPLE MICRONUTRIENTS OVER IRON-FOLATE SUPPLEMENTS OFFERS MORE BENEFITS TO MOTHER AND BABY

REDUCTION IN LOW BIRTH WEIGHT BY

11%



BIRTH WEIGHT INCREASES BY

22g



SMALL FOR GESTATIONAL AGE (SGA) DECREASES BY

12%



REDUCTION OF PRETERM BIRTH BY

3%



CALCIUM SUPPLEMENTS*

REDUCES RISK OF MATERNAL HYPERTENSIVE DISORDERS BY **35%**

REDUCES RISK OF PREECLAMPSIA BY **52%**

REDUCES RISK OF PRETERM BIRTH BY **24%**



PROTEIN*

PROVIDE 25% OF THE TOTAL ENERGY OF THE FOOD SUPPLEMENT AS PROTEIN

Reduces the risk of stillbirths by **45%**



Increases birth weight by **73g**



Reduces the risk of SGA by **34%**



GOOD NUTRITION

HAS A PROFOUND IMPACT ON MATERNAL AND NEWBORN HEALTH



References:
Bhatta ZA, Das JK, Ravi A et al. Evidence-based interventions for improvement of maternal and child nutrition: what can be done and at what cost? Lancet 2013; 382: 454-477.
Christie P, Lee SE, Donahue Angel M et al. Risk of childhood undernutrition related to small-for-gestational-age and preterm birth in low and middle-income countries. Int J Epidemiol. 2013 Oct;42(5):1340-55.
World Health Organization. Guidelines: Calcium supplementation in pregnant women. Geneva: WHO, 2013.

*A food supplement with balanced protein-energy confers benefits in birth weight when the mother is undernourished.
*Benefits of calcium supplements are evident in women at risk for low calcium intake.