

## Contact:

### **Aquaculture without Frontiers**

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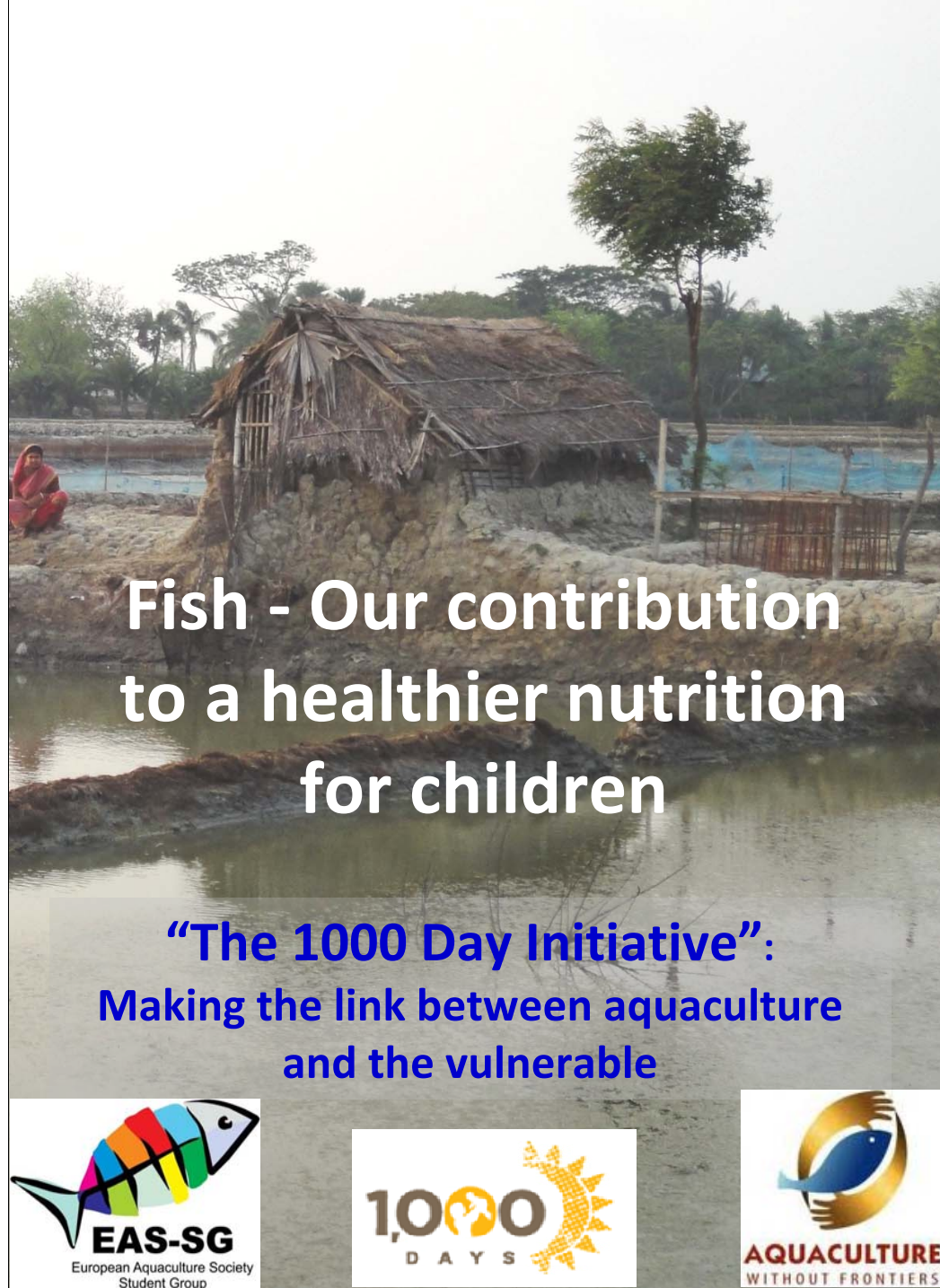
Web: <http://www.aquaculturewithoutfrontiers.org/>



<http://www.thousanddays.org/>



<http://www.eassg.org/>



**Fish - Our contribution  
to a healthier nutrition  
for children**

**“The 1000 Day Initiative”:  
Making the link between aquaculture  
and the vulnerable**



## 1000 days?

The 1,000 days between a woman's pregnancy and her child's 2<sup>nd</sup> birthday are critical for a **child's early development**. Certain nutritional targets have to be reached during the critical early development phase to guarantee healthy development of the child.

During **pregnancy**, malnutrition can have a **devastating impact** on the healthy growth and development of a child. Babies who are malnourished in the womb have a higher risk of **dying in infancy** and are more likely to face lifelong cognitive and **physical deficits and chronic health problems**.

For children under the age of two, malnutrition can be life-threatening and weaken a child's **immune system** and make him or her more susceptible to **dying** from common illnesses such as **pneumonia, diarrhoea and malaria**.



The right nutrition during the 1,000 day window will:

- save more than **one million lives** each year
- reduce the human and economic burden of diseases such as **tuberculosis, malaria and HIV/AIDS**
- reduce the risk for developing late life diseases like **diabetes, ...**
- improve an individual's educational achievement and **earning potential**
- increase a country's GDP by at least **2-3% annually**



## What can we do? -> Fish in the first 1000 days of life

Fish is the third **staple food** after rice and vegetables in the everyday diet in developing countries, such as Bangladesh, especially of the rural poor. Being the only animal-source food it improves dietary diversity and supplies multiple nutrients such as **animal protein**, essential fats, vitamins and minerals.

Readily available and cheap, small fish are particularly rich in **vitamin A, iron and zinc**, with high bioavailability. As many small fish species are eaten whole, with bones, they are a source of bio-available **calcium**, important for lactation and growth.



Through basic nutritional education and improvement of availability of this **irreplaceable food source through the development of aquaculture in such countries**, children can have a chance for a better and healthier future from the very start of their lives.

By boosting aquaculture & fisheries techniques, helping government and the people to **help themselves**, we can make a difference.

**Any money raised will be donated to Aquaculture without Frontiers to be distributed and used in support of the 1000 day initiative in Bangladesh.**

