

Minerals



Iron

essential for brain development in children and increases maternal survival rates.



Iodine

essential for brain development in fetus and young children and helps prevent stillbirth.



Zinc

crucial for childhood survival, reduces stunting in children and fights diarrhea.

Essential fatty acids

help prevent preeclampsia, preterm delivery, low birth weight, and support cognitive development and better vision in children.



Calcium

helps prevent preeclampsia and preterm delivery, and is essential for strong bones and teeth.

Vitamins



Vitamin B12

essential for a healthy pregnancy, helps prevent brain and spinal cord birth defects, and supports healthy maintenance of the nervous system and brain in children.



Vitamin D

essential for the development of strong, healthy bones, teeth and muscles in children and helps prevent preeclampsia, preterm delivery and low birth weight.



Vitamin A

essential for childhood survival, prevents blindness, helps fight infections and promotes healthy growth.



Nutrition And Fish Health

Michael Hoelscher



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