

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

SA Dillow



Nutrition And Fish Health:

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