Fish-based products to improve nutrition in the first 1,000 days of life

Shakuntala Haraksingh Thilsted
Research Program Leader, Value Chains and Nutrition
Fish-based Products for the First 1,000 Days

Fish chutney    Complementary food    Fish powder
Fish Chutney: Increasing Consumption of Fish in Pregnant and Lactating Women

= 60 g of raw fish
Fish Chutney Distribution to Pregnant and Lactating Women
Drying Small Fish by Women’s Groups
Fish Chutney Production by a Local Women’s Group
Women: Less Tired, More Breastmilk
Family Members: Attention to Woman’s Needs
Pusti Bachcha (Healthy/Well-nourished Child)
Seeking Partnerships for Scaling of Fish-based Products

- Product development and processing – nutritious, safe, affordable products, with optimal shelf life
- Social marketing models – products and ingredients
- Food distribution programmes for women and young children
- School feeding programmes
- Emergency response food rations