



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

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Fish-based Products for the First 1,000 Days

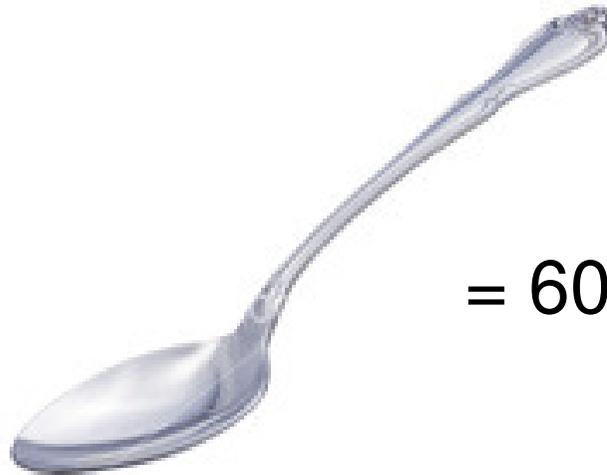
Fish chutney

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

