Nutrition education for the whole family is key to ensuring good nutrition.

Educate mothers, fathers, adolescent girls, and senior women on child feeding.
Integrate nutrition education into smallholder farming.
Teach how to select, prepare and consume nutritious food.
Increase women's control over resources and income.

The prevalence of stunting in children has declined globally from 40% to 25%.

Improved diet and health care for women before and during pregnancy and lactation would significantly reduce child undernutrition.

For children, the first 1,000 days is the most critical period for adequate growth and development.

Food fortified with essential vitamins and minerals should also be incorporated into diets where food diversity is poor.

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