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SUSTAINABLE FOOD SYSTEMS FOR HEALTHY DIETS IN EUROPE AND CENTRAL ASIA

FOOD SYSTEMS FOR YOUNG CHILDREN

DIET DIVERSITY DURING THE FIRST 2 YEARS OF LIFE IS CENTRAL TO PREVENT STUNTING AND OTHER FORMS OF CHILD MALNUTRITION

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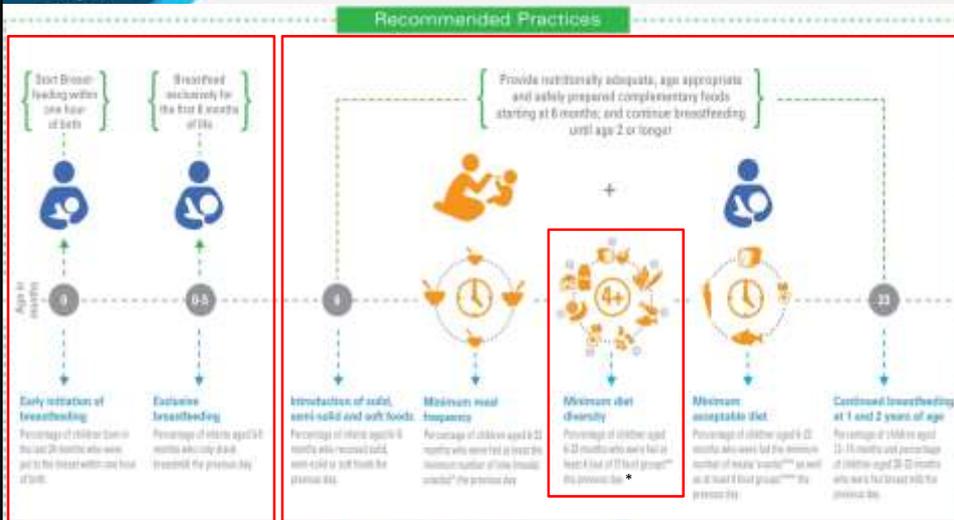
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What is a healthy diet of young children?



UNICEF (2016): From the first hour of life.

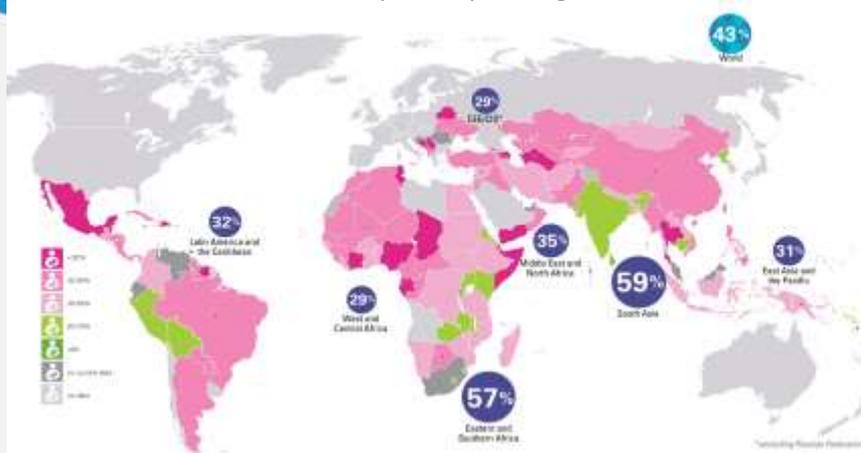
* The seven food groups are: 1) grains, roots and tubers; 2) legumes and nuts; 3) dairy products; 4) meats and fish; 5) eggs; 6) vitamin-A rich fruits and vegetables; and 7) other fruits and vegetables

4-5
December
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Per cent of infants 0-5 months of age exclusively breastfed by country and region, 2015



UNICEF (2016):
From the first hour of life

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UNICEF (2016). From the first hour of life: Making the case for improved infant and young child feeding everywhere

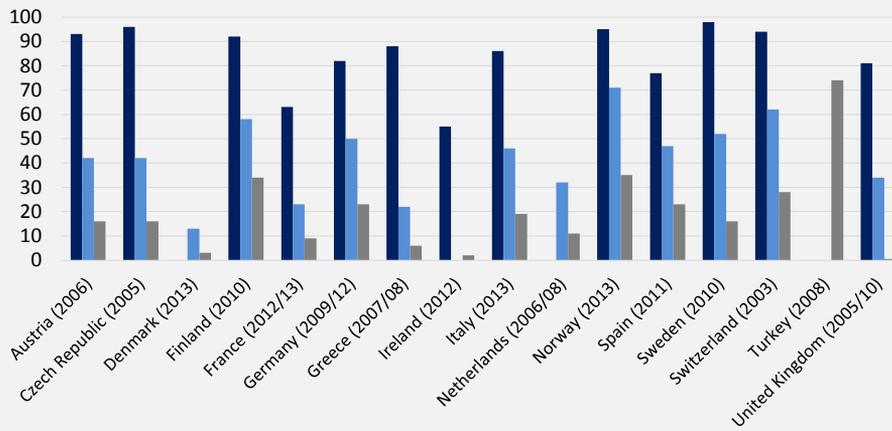
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Breastfeeding in high-income European countries, 2005-2013

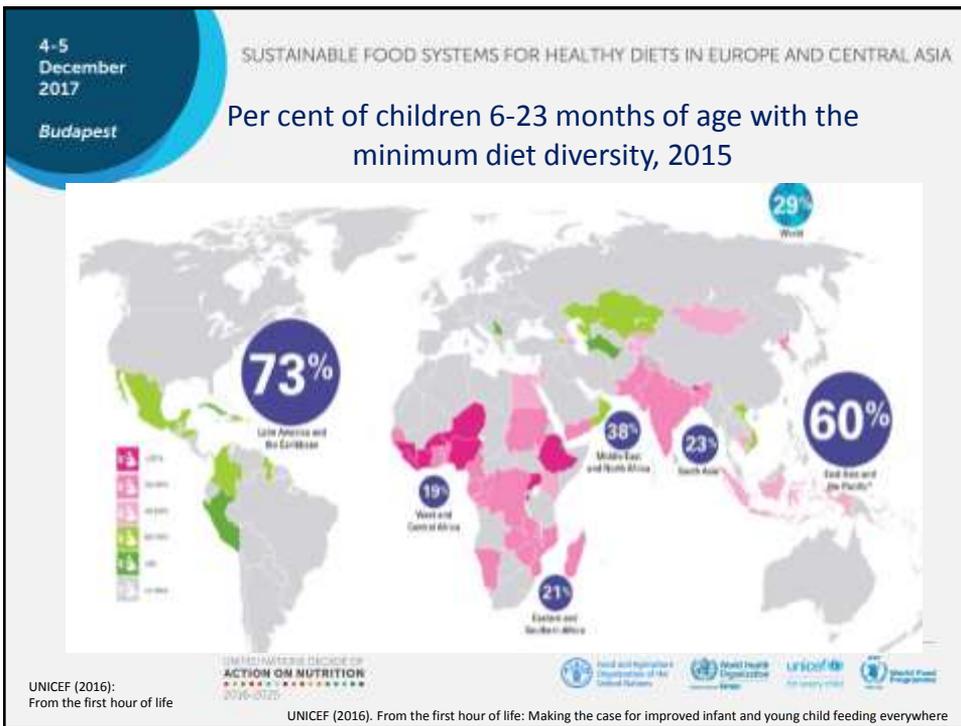
■ Ever breastfed ■ At 6 months ■ At 12 months



Victora et al. Lancet 2016

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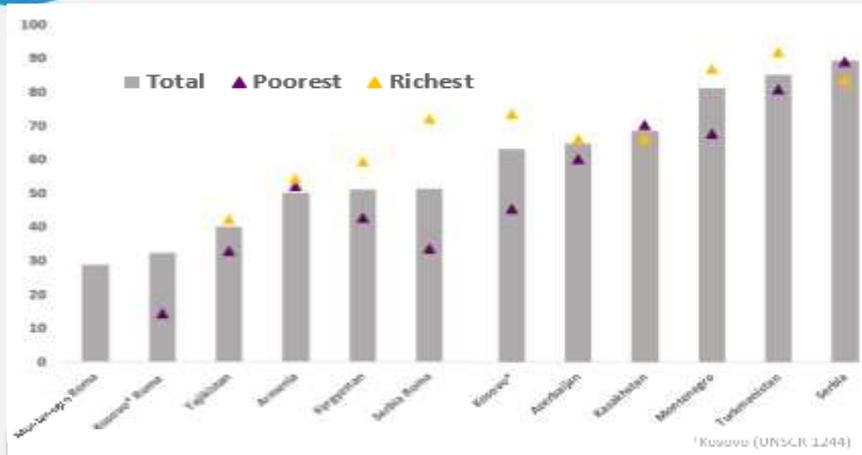


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Per cent of children 6-23 months with the minimum dietary diversity by wealth status in selected European countries and populations, 2010-2016



* Kosovo (UNSCR 1244)

UNICEF Multiple Indicator Cluster Surveys

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Key messages and policy recommendations

Good nutrition is vital from birth, and breastfeeding is key to that. However, most infants in Europe and Central Asia are not fed in line with international recommendations and support to the International Code of Marketing of Breast-milk Substitutes remains weak in most countries.

The quality of complementary foods consumed by children 6-23 months is a measure of the food security of young children. In Europe and Central Asia, gaps remain in access to diverse diets among young children.

Efforts to improve food systems in Europe and Central Asia should support optimal breastfeeding and complementary feeding practices among young children.

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