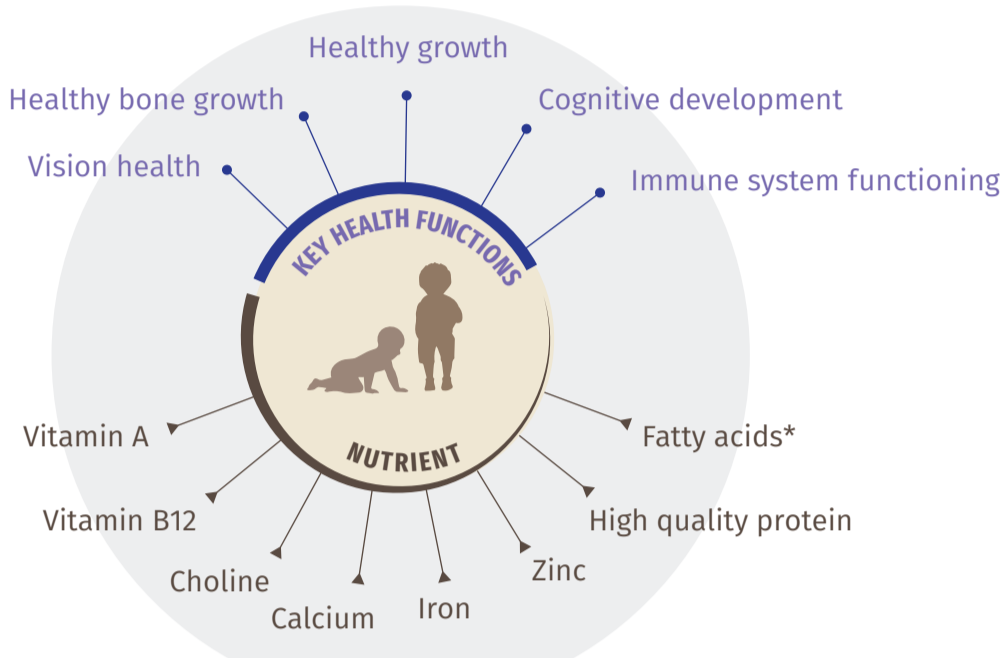
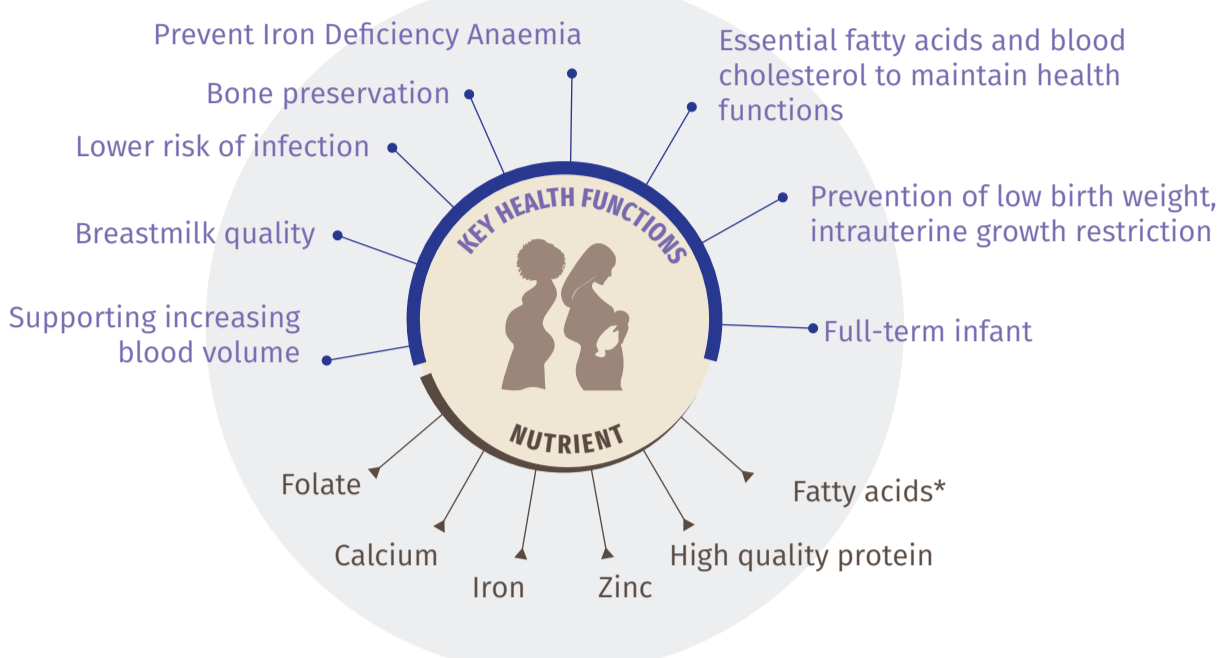


Animal source foods contribute to healthy diets over the life course



Pregnant and lactating women & infants and young children

Macro- and micronutrients of specific significance to maintain important health functions



*Docosahexaenoic acid, Ratio Linoleic to Alpha-Linolenic Acids

Did you know?

Iron and vitamin A are among the most common micronutrient deficiencies around the world, particularly in children and pregnant women.

Approximately **32 million** pregnant women are anaemic worldwide, **19 million** suffer from vitamin A deficiency and **19 million** suffer from insufficient iron, folate, zinc or iodine stores.

56% of infants and young children lack at least one the three micronutrients: iron, vitamin A or zinc.

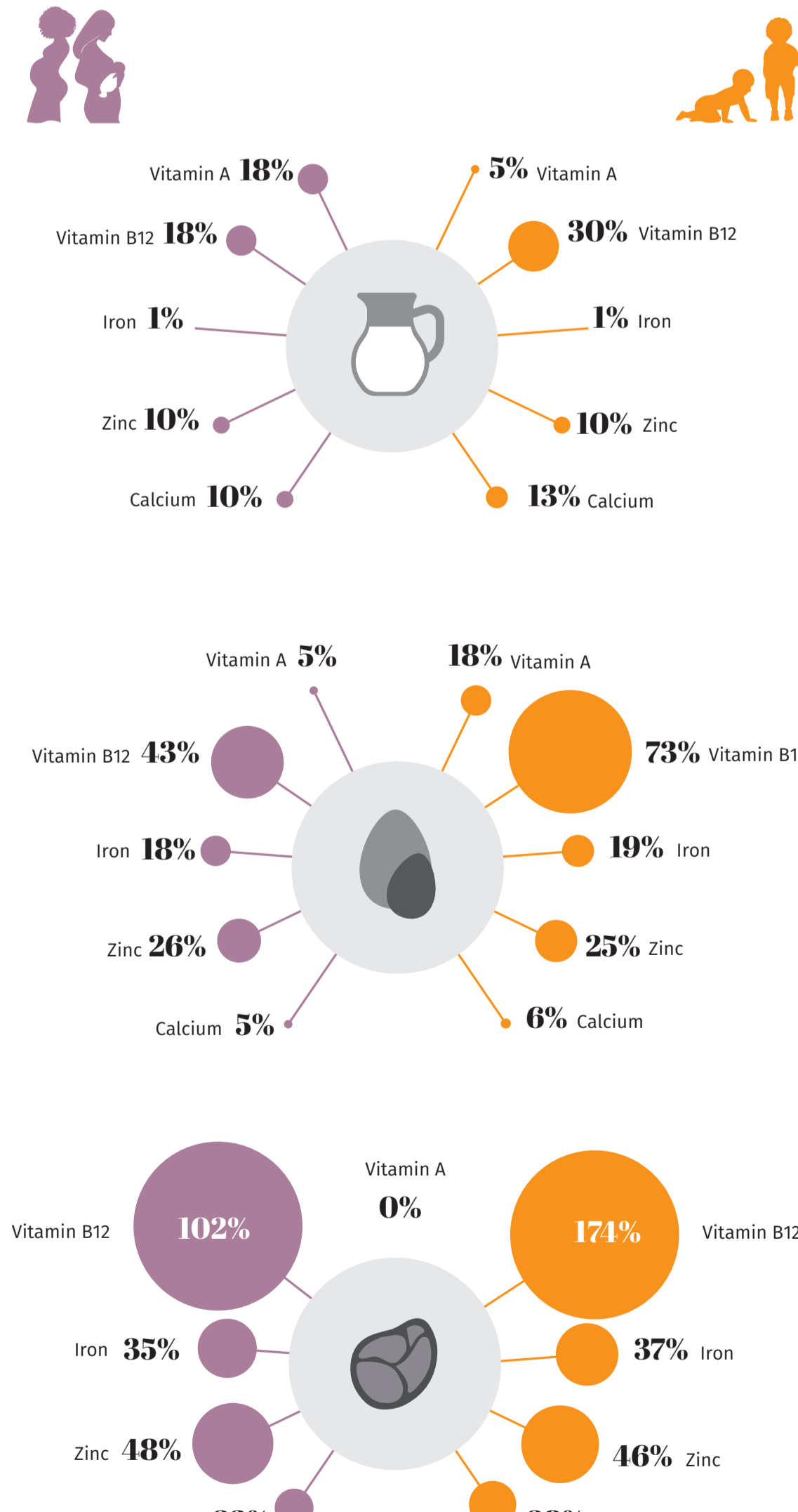
3/4 of infants and young children with micronutrient deficiencies live in Southern Asia, sub-Saharan Africa or Eastern Asia and the Pacific.

Consuming a healthy diet throughout the life-course helps us to grow, stay healthy and live active lives.

Infants should be exclusively breastfed for the first 6 months of life and continue to be breastfed up to 2 years of age or beyond.

Animal source foods contribute to recommended nutrient intake

A serving of 100 grams provides:



Food-based dietary guidelines

123 food-based dietary guidelines from **95 countries** contain **325 recommendations** related to animal source foods and vulnerable groups:

- only **34** recommendations relate to pregnant and lactating women; and
- 167** recommendations relate to infants and young children.



Governments agreed:

- to consider the impact of livestock policies, programmes and legislative frameworks on nutrition outcomes; and
- to update national food-based guidelines so that they adequately consider terrestrial animal source food and specific nutrient requirements during the life course of humans.

*Report of the First Session of the Committee on Agriculture's Sub-Committee on Livestock (16-18 March 2022). <https://www.fao.org/3/ni966en/ni966en.pdf>

Source: FAO. 2023. Contribution of terrestrial animal source food to healthy diets for improved nutrition and health outcomes – An evidence and policy overview on the state of knowledge and gaps. Rome, FAO. <https://doi.org/10.4060/cc3912en>