Animal source foods contribute to healthy diets over the life course

Micro- and macronutrients of specific significance to maintain important health functions

- Docosahexaenoic acid
- Ratio Linoleic to Alpha-Linolenic Acids
- Essential fatty acids and blood cholesterol to maintain health functions
- Protect against iron deficiency anaemia
- Bone preservation
- Lower risk of infection
- Breast milk quality
- Support increasing blood volume
- Prevention of low birth weight, intrauterine growth restriction (IUGR), and preterm infants
- Folate
- Calcium
- Iron
- Zinc
- High quality protein
- Fatty acids

KEY HEALTH FUNCTIONS

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Key Health Functions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Healthy growth, healthy bone growth, vision health, immune system functioning</td>
</tr>
<tr>
<td>Iron</td>
<td>Healthy growth, bone health, vision, immune system functioning</td>
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<tr>
<td>Vitamin A</td>
<td>Immune system functioning, night vision, childhood vision</td>
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<tr>
<td>Vitamin B12</td>
<td>Immune system functioning, cognitive development, neurological development</td>
</tr>
<tr>
<td>Folate</td>
<td>Immune system functioning, embryonic development, neurological development</td>
</tr>
<tr>
<td>Zinc</td>
<td>Cognitive development, immune system functioning, wound healing, bone health</td>
</tr>
<tr>
<td>High quality protein</td>
<td>Maintenance of muscle mass, wound healing, bone health, cognitive development</td>
</tr>
</tbody>
</table>

**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 millions suffer from insufficient iron, folate, zinc or iodine stores.

Animal source foods contribute to recommended nutrient intake

A serving of 100 grams provides:

- Vitamin A: 18%
- Vitamin B12: 18%
- Iron: 1%
- Zinc: 10%
- Calcium: 5%

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