

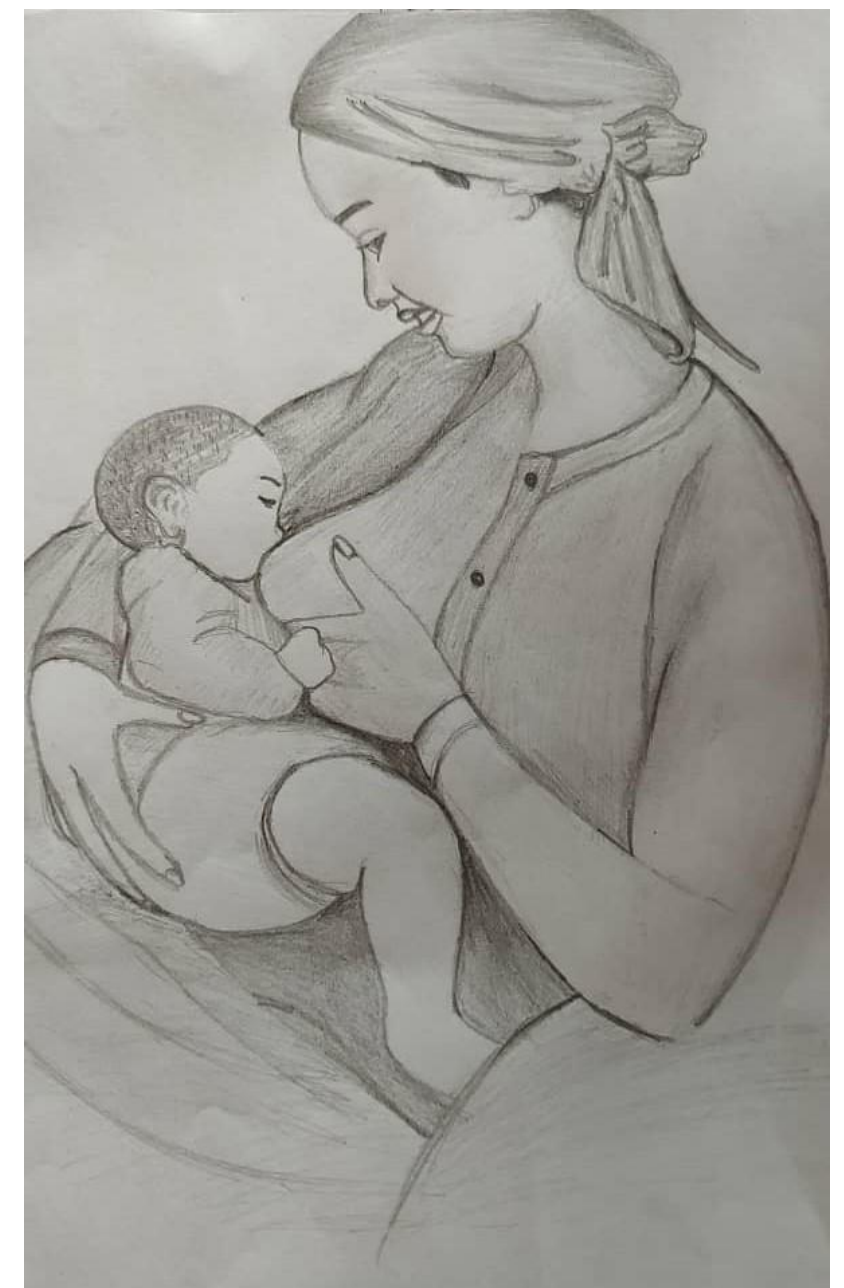
# Continue breastfeeding beyond the first year

## Recommendation

Continue breastfeeding beyond the first year of the child as breastmilk remains a critical source of nutrients

## Scientific rationale

- Based on results from the InnoFood Africa consumption surveys conducted in eight cities in Africa, breastfed children had higher odds of meeting nutrient requirements than non-breastfed children, even for older children (12-23 months)
- breastmilk remains a critical source of nutrients (e.g. 40-60% of vitamin A requirements) for children aged 12-23 months



## Additional benefits/feasibility

- Beyond nutrients, continued breastfeeding has additional benefits to both the child and the mother, including lower cancer risk for the mother, improved cognitive and physical development for the child

# Eat a colorful diversified diet including as many food groups as possible

## Recommendation

Diversify the diet of children and adults by consuming from as many food groups as possible

## Scientific rationale

- Based on the optimization results of the InnoFood Africa consumption survey, the more diversified the diet, the increased likelihood of meeting nutrient requirements



## Feasibility

- Not all food-groups are equally affordable
- Nutrient-dense foods like fruits, vegetables, and animal source foods tend to cost more than staples
- Our linear programming exercise has shown that it is still possible to minimize the cost of a diverse diet by optimizing observed portion sizes



# Increase intake of fruits, vegetables, and moderate amounts of animal-source foods

## Recommendation

Efforts to increase intake of fruits, vegetables, and moderate amounts of animal source foods are needed.

Whenever this is not possible, fortifying foods with missing nutrients may be needed, particularly for infants and young children.

## Scientific rationale

-Based on results from the InnoFood Africa (IFA) consumption surveys, and optimization with linear programming, increasing consumption (frequency and portion) was recommended for almost all of the IFA countries.

-Addressing the identified nutrient gaps would require moderate consumption of animal-source foods, particularly for young children

-Increasing fruit and vegetable consumption can help address both forms of malnutrition for both mothers and children



## Feasibility

-Nutrient-dense foods like fruits, vegetables, and animal source foods tend to cost more than staples

-Our linear programming exercise has shown that it is still possible to minimize the cost of a diverse diet by optimizing observed portion sizes

- whenever this is not possible, fortification of foods may need to be considered

# Avoid sugar-sweetened beverages, including giving tea and coffee to children

## Recommendation

Children should not be given sugar sweetened beverages including sweetened hot beverages such as tea/coffee, juices, etc.

## Scientific rationale

-Based on results from the InnoFood Africa consumption surveys conducted in eight cities in Africa, consumption of sugar-sweetened beverage in the form of soda, sugary commercial fruit juice, or hot drinks with added sugar was common

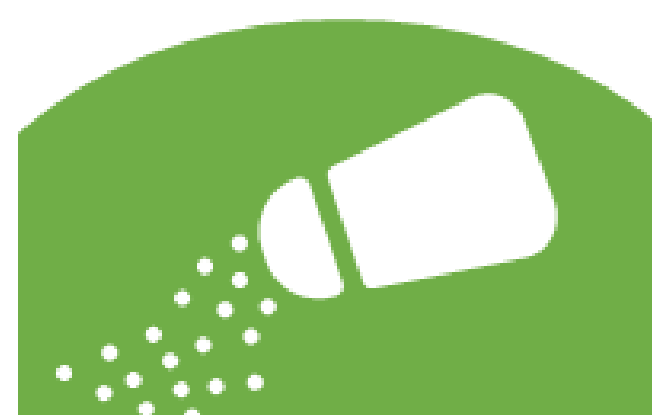
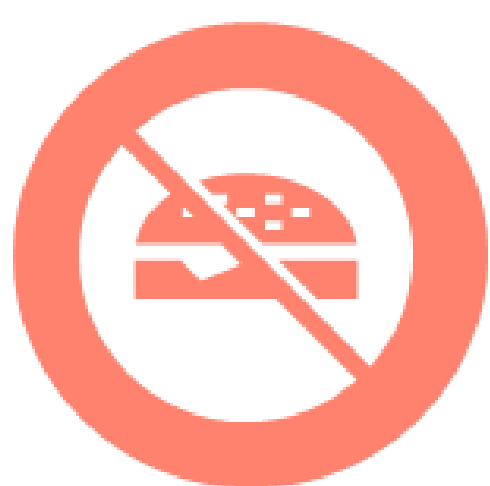
-Sugar sweetened beverages can increase the risk of overweight/obesity, displace more nutrient-dense foods, as well as affect appetite in children

- besides polyphenols in tea and coffee inhibit mineral absorption

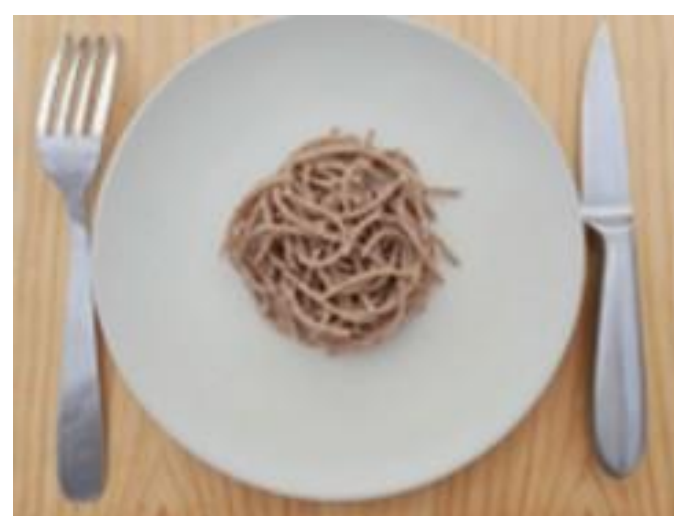




# **Avoid** foods high in sugar, fat, and salt and eliminate trans-fats



## **Consume more wholegrains**



## Prioritize vitamin-A-rich Orange-flesh sweet potato (OFSP)



Complementary porridge for children (Enriched with OFSP)



Finger Millet, instant porridge

## Use nutrient-rich climate-smart local crops as part of a sustainable diet

