

WorldFish Myanmar and partners are addressing the problem of malnutrition in the country through the following measures



integrated small-scale aquaculture of both large and small fish species

vegetable production on pond embankments



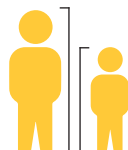
behavior change communication activities focused on essential nutrition and hygiene actions

developing fish-based processed products suitable for both young children as well as pregnant and lactating women.

## Nutrition situation in Myanmar



One in three women of reproductive age are **anemic**



One in four children are **stunted**



One in five children are **underweight**



6.7 percent of the children are **wasted**

## Consequences of malnutrition



**Impaired cognitive and physical development** can cause problems later in life and affect economic productivity.



**Anemia** is associated with maternal deaths, premature births and infants with low birth weight.



**Fish for a well-nourished children and families**

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WorldFish is an international, nonprofit research organization that harnesses the potential of fisheries and aquaculture to reduce hunger and poverty.

WorldFish works in Africa, Asia and the Pacific. Our mission is to strengthen livelihoods and enhance food and nutrition security by improving fisheries and aquaculture. We pursue this through research partnerships focused on helping those who stand to benefit the most—poor producers and consumers, women and children.

#### Acknowledgement

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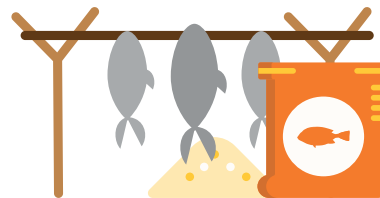
## Why eat fish and fish-based products in the first 1000 days of life?

- high nutrient density
- easy to prepare and store
- ready to eat



## Examples of fish-based processed products

- dried fish
- dried small fish crushed into a powder
- dried fish preserved in spices



## Ingredients for making a meal with small fish

- rice flour/soft rice
- dried small fish crushed into a powder
- mashed vegetable (pumpkin) or fruit (banana).
- oil



# Why fish?

Fish is rich source of high quality animal protein that is easily absorbed by the body.

Fish helps increase the absorption of other nutrients from other foods in a meal.

Small fish, when eaten whole with both the head and bones, is rich in essential nutrients that are good for the growth and development of young children, as well as for pregnant and lactating women.

Fish eaten with vegetables can improve dietary diversity.

## There are many benefits to eating small fish

They are affordable and available in local markets.

Small portions have high nutritional value.

They can be eaten fresh, dried, fermented or as a paste.

They can be bought in small quantities.

Small fish can be cooked in a mixed dish that is easy to share among all household members.

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