



The Government of Malawi

Interventions to reduce stunting



1000 SPECIAL DAYS



- Eat a balanced, diversified and varied nutritious diets and meals to which Iodised Salts has been added
- Consume meals and diets from all the 6 food groups
- Eat nutritious snacks in-between meals
- Take Iron Folate supplements
- Partners ensure that your loved ones rests, eat a balanced diet and take Iron Folate supplements

- Breast feed exclusively
- Continue Breast feeding when the child is sick



- Introduce nutritious complementary diets and meals
- Nutritious Complementary meals and diets should be of the right quality and quantity made with foods from the 6 food groups
- Continue Breast feeding
- Feed the baby meals with Iodised Salt
- Provide Vitamin A supplements
- Continue Breast feeding and nutritious complementary diets and meals even when the child is sick
- Hand washing and hygiene during food preparation is essential



- Gradually Increase nutritious Complementary meals and diets made with foods from the 6 food groups
- Continue Breast feeding
- Feed the baby meals with Iodised Salt
- Provide Vitamin A supplements and deworming tablets
- Continue Breast feeding and nutritious complementary diets and meals even when the child is sick
- Hand washing and hygiene during food preparation is essential



Prevent and treat malaria, diarrhoea and pneumonia