Behaviors to Improve Nutrition

**Diet and Care During Pregnancy**
- Eat sufficient quantities of food at appropriate frequencies
- Eat a variety of safe, diverse, nutrient-rich foods for meals and snacks daily
- Complete a full course of quality antenatal care

**Breastfeeding**
- Initiate breastfeeding within one hour after delivery
- Breastfeed exclusively for 6 months after birth
- Continue breastfeeding until children are at least 2 years old

**Complementary Feeding for Children**
- Feed with age-appropriate frequency, amount, and consistency
- Feed children 6–23 months old a variety of age-appropriate, safe, diverse nutrient-rich foods
- Prepare food and feed children hygienically
- Feed responsively

**Feeding During and Following Illness**
- Ensure children continue to breastfeed and eat when ill
- Give recuperative feeding for 2 weeks after illness

**Other Preventive Care**
- Give infants and children under 2 years a full course of immunizations
- Track and promote growth and identify poor growth or growth faltering

**Managing Diarrhea and Wasting**
- Manage diarrhea appropriately at the onset of symptoms
- Provide care for acute malnutrition (wasting) immediately

Adapted from ACCELERATE